

NCJ

NORTH COAST JOURNAL

Humboldt County, CA | FREE

Thursday, Jan. 20, 2022

Vol. XXXIII Issue 3

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THE HEALTH AND WELLNESS ISSUE

8 Project Censored
15 Feed your soul

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Dungeness crab — eat it with messy gusto.
Read more on page 15.
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On the Cover
Illustration by Dave Brown

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NORTH COAST JOURNAL OF POLITICS, PEOPLE & ART

Jan. 20, 2022 • Volume XXXIII Issue 3
North Coast Journal Inc.
www.northcoastjournal.com
ISSN 1099-7571 © Copyright 2022

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Classified/Workshops classified@northcoastjournal.com



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What Should I Know About COVID-19?

Three of a series of four

Should children get vaccinated?

Although older adults are at most risk, COVID-19 can also make children and teens sick. Once the vaccine is available for children, it will be the best way to protect them. The vaccines have shown to be safe and effective against the worst effects of COVID-19 and the more members of a household vaccinated the safer for everyone.

What are the risks of not vaccinating?

Although it is not unusual to have a sore arm or cold- like symptoms, for a couple of days after getting vaccination, the vaccine is shown to be safe and effective against COVID-19. Most COVID-19 infections, hospitalizations, and deaths are in unvaccinated people. We are finding out that COVID-19 can lead to serious long-term heart and lung issues, and other health complications.



Get vaccinated
Mask when needed
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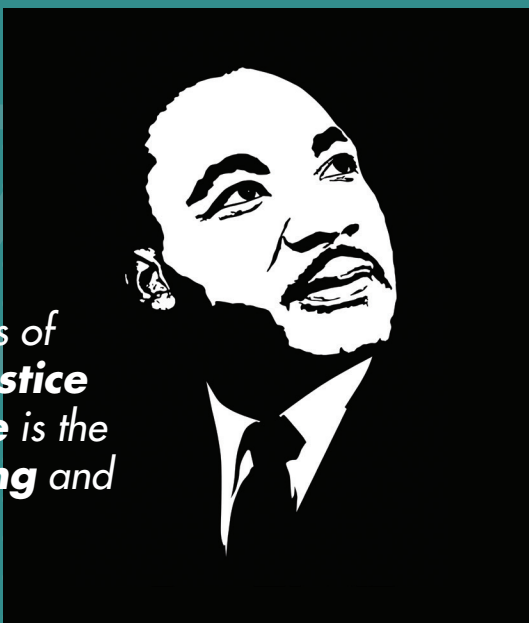


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— Dr. Martin Luther King Jr.



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CAN WE GET IT?

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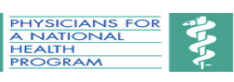
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Fighting for Everyone

By Jennifer Fumiko Cahill

jennifer@northcoastjournal.com

“We’re all going to get it.” I keep hearing the phrase. Sometimes, it’s said with a sigh by someone who has no choice but to work face-to-face with the public, resigned to what seems inevitable when depending on strangers to consider their safety. But more often, I hear it spoken or see it typed in comments with an air of dismissive fatalism. The passive motto to which one shrugs off as pointless one of the layers of protection that slow the spread of COVID-19 and its wildfire variant Omicron.

It is indeed exhausting toting and wearing masks all the time, trying to hear one another through the layers, holding off celebrations and seeing far-flung loved ones. No argument there. And it’s awful saying no to kids who want to hang out with friends unmasked, especially when the vaccine was supposed to have us back to sleepovers and birthday parties. And Omicron’s ability to sneak past the cloth masks, vaccines and boosters we’ve come to rely on can make us want to throw up our hands, toss them aside and say, “We’re all going to get it.”

But the unspoken and sometimes unconscious calculus of throwing caution to the wind is mostly about our own expected outcomes. *If I’m healthy, vaccinated and boosted, I’ll probably be fine.* The symptoms will likely be “mild,” at least compared to the brutal kidney failure, ravaged lungs and intubation experienced by those who get the worst of it. But it’s not only our own health on the line. The most vulnerable people in our community — our elders, those with compromised immune systems and health issues, and those without the option to vaccinate — are depending on us to slow the spread of

the virus, to keep them safe from those harshest outcomes.

Those people, if they don’t include us, can seem distant when we’re making the million safety decisions left to us in a given day. People with comorbidities. People with bad genes, bad habits, bad health, bad choices, bad luck.

But 2018 Public Health data reports 7,359 people in our county with diabetes and another 40,531 with cardiovascular disease. According to County Health Rankings and Roadmaps, nearly a quarter of Humboldt County residents are obese and an estimated 17 percent smoke. Only 63 percent of us are vaccinated, leaving more than a third — including kids younger than 5 at a time when cases among children are skyrocketing — without that crucial shield from the most brutal effects of infection. (Nationally, the unvaccinated are eight times more likely to be hospitalized while Public Health reports locally that unvaccinated residents are 17 times as likely to be hospitalized with COVID-19.) These are only a handful of the myriad risk factors and chances are some folks in your life are carrying one or more of them. The vulnerable, if they don’t already include us, are never very far.

Imagine what a dismissive, “We’re all going to get it anyway,” sounds like to someone with decreased kidney function or HIV, someone with a disability that makes infection a far more dangerous prospect. Imagine how rattling off the percentage of deaths like it’s a reason to relax sounds to an elder or someone who has an immunocompromised child. What number do we have to hit — beyond the 800,000 we’ve already lost nationally and 122 locally — for it to be worrisome enough? Which people do we have to lose to make it a big deal? Because when we decide those in

imperfect health are expendable, we veer into eugenics.

How does saying, “We’re all going to get it,” and hosting an unmasked indoor gathering come off to a teacher struggling to cover classes at a school where staffing is down to skeleton crews and new exposures are popping up daily? Imagine how it rings in the ears of hospital staff trying to keep up with more patients with fewer hands to help them. Scoff at the choices of the willfully unvaccinated if your empathy is tapped out but the impact of further spread and more sick and dying people remains.

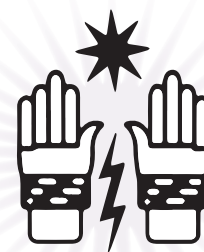
Allowing ourselves to become desensitized to sickness and death of others isn’t good for our collective safety or our individual souls.

If we were still doing color-coded tiers, we’d be neon. But the potential outcomes of restrictions, mandates or full lockdowns are locked in the hypothetical, given the lack of public or political will to change what businesses will remain open or what gatherings are allowed based on the spread of the virus. Instead, COVID sets its own closures, with infection and illness sidelining staff in every industry. And we’re left to navigate our own choices and the attitude that guides them — for this and whatever variant springs up next.

We might get it. But we can still fight — with the best masking we can manage, with avoiding gatherings, by getting vaccinated and distancing, by testing and quarantining — for everyone who can’t afford to get it. ●

Jennifer Fumiko Cahill (she/her) is the arts and features editor at the Journal. Reach her at 442-1400, extension 320, or jennifer@northcoastjournal.com. Follow her on Twitter @JFumikoCahill.

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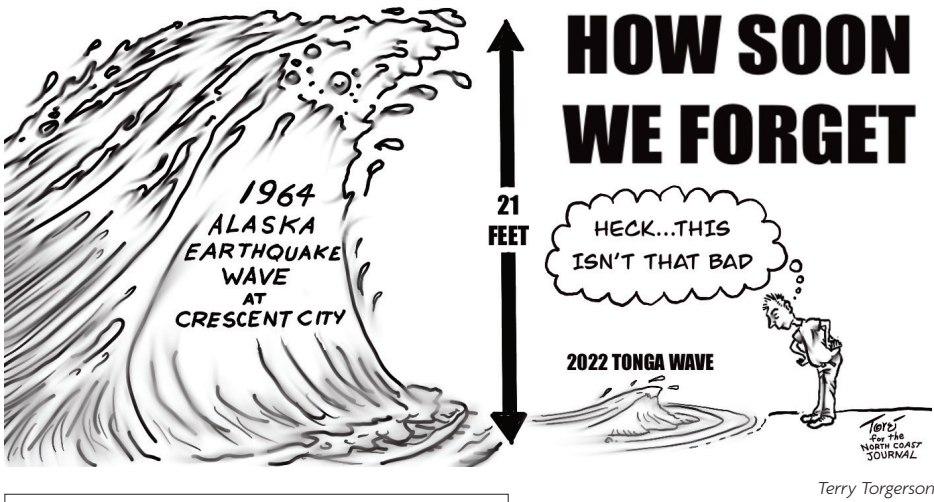
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For Kevin Carlos Ramirez in Memoriam

Tow-truck driver, on-call, nights,
Heads out to the heavy snow
(The stricken town has lost its lights:
The streets a featureless tableau)
To 96's snow-bound curves:
Where mother and her little child
(Much like his own, his mind observes)
Are stuck in ice and whistling wild.

A cheerful grin dispels their fright.
He finds the axle, clips the hook.
Above, a tree hangs in the night
The busy driver does not look...
As thyself, so love thy neighbor!
Fast it falls, as cut by knife
Crashes through his earnest labor,
Taking tow-truck driver's life.

A senseless tragedy, a zero
Some say, who for meaning seek;
But Death illuminates this Hero:
Honor springs from Willow Creek.
— Ellen Taylor

Sexist

Editor:
Equality does not mean letting a new class of bigots take over ("Top 10 Dick Moves of 2021," Dec. 30). Cahill represents "politically correct" sexism.
Robert Sutherland, Ettersburg

Not the Same

Editor:
Lighten up, Sam Neuwirth!
(Mailbox, Jan. 6) Equating "dick moves" with "cunt moves" ignores the millennia of women being treated as second-class citizens (still, earning on average 80 percent of what a man does for the same job). Equating "dick" with "cunt" is no more appropriate than likening the insult quotient of "whitey," "honky" or "cracker" to the n-word, which is why I don't write it out.
"Dick" and "cunt" are in different categories. "Dick" = jerk = asshole (not to mention detective, etc.), often used lightheartedly ("Oh come on, don't be such a dick!") without reference to male genitals. "Cunt," on the other hand, is genuinely insulting

and clearly has misogynist overtones.
If you're interested, I wrote about the origins of "cunt" in my Field Notes column Nov. 2, 2016, under the (inspired!) heading, "Country Matters."
Barry Evans, Eureka

Must be the Masks

Editor:
Amidst the torrent of vulgar language in "Top 10 Dick Moves of 2021" Jennifer Fumiko Cahill adds "pop-up anti-maskers" to her list of people "chipping away at the social contract." This made me think of Sweden, a country famous for its social contract. I spent three months in Sweden last year and rarely saw anyone wearing a mask. In fact, Sweden never mandated mask wearing. Interestingly, Sweden has suffered a significantly smaller percentage of COVID deaths than the United States, where mask mandates and mask wearing has been widespread. While the U.S. suffered 2,107 COVID deaths per 1 million people, as of Sept. 30, 2021, Sweden only suffered 1,444 COVID deaths per 1 million. Virtually no masks and yet fewer deaths.

I greatly enjoyed living mask-free in Sweden. Having implemented few lockdown measures, Sweden retained their social cohesion, with their people and economy suffering far less trauma. It was a relief to be in such a healthy environment.
Coming home was an unpleasant shock. I saw with fresh eyes the terrible state of our community. Many of the people I know have visibly deteriorated. I also see people with a crazed look in their eyes. Others are blank, withdrawn or fearful. Our people have been traumatized, our social cohesion unraveled and our economy decimated. The damage from the lockdown is immense. The contrast between Sweden and Humboldt is stark and bleak.

While a few cling to masking with religious zeal, it is clear that most of us are sick and tired of it. We deserve to live without the struggle to breathe and communicate. We can learn to live with the virus without destructive and inhumane policies. There is a better way.
Amy Gustin, Ettersburg

Correction

The answers for last week's crossword puzzle ran alongside it instead of the Jan. 6 answers, printed here. The Journal regrets the error and awards extra credit to those who completed the Jan. 13 crossword without peeking.

ANSWERS TO TWO TRUTHS FROM JAN. 6														
R	I	D	A	F	E	D	O	R	A	A	R	N	O	
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S	O	D	A		H	E	A	R	Y	E		H	Y	D

Write a Letter!

Please make your letter no more than 300 words and include your full name, place of residence and phone number (we won't print your number). Send it to letters@northcoastjournal.com. The weekly deadline to be considered for the upcoming edition is 10 a.m. Monday.

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Project Censored

The toll of prescription drug costs top the 10 most underreported stories of 2021

By Paul Rosenberg

newsroom@northcoastjournal.com

Project Censored co-directors Mickey Huff and Andy Lee Roth title their introduction to this year's edition of *State of the Free Press* "A Return to News Normalcy?," drawing a direct parallel between our world today and that of post-WWI America, "when the United States faced another raging pandemic and economic recession," with other sources of tumult as well: "The United States then had experienced a crackdown on civil liberties and free speech in the form of Espionage and Sedition Acts; racial tensions flared during the Red Summer of 1919 as violence erupted from Chicago to Tulsa; Prohibition was the law of the land; and the first wave of U.S. feminism ended with the passage of the 19th Amendment." At the time, they noted, "People yearned for a return to 'normalcy,' as then-presidential hopeful Warren G. Harding proclaimed."

But it was not to be. "The desire for simpler times, however, was more a phantom than a reality, as millions of Americans ultimately had to adjust to an ever- and fast-changing world," including a rapidly changing media landscape — most notably the explosion of radio. And we should expect much the same. Every major change in the media landscape has brought with it the promise of expanded horizons and democratic possibility — the potential for a broader, more inclusive public conversation — only to see many of the old patterns of division, exclusion and demonization recur in new ways as well as old, as recent revelations about Facebook vividly remind us.

Project Censored isn't alone in drawing parallels to a century ago, of course. The pandemic above all has expanded jour-

nalistic horizons as a matter of necessity. To a lesser extent, the threat to American democracy — part of a worldwide trend of democratic backsliding — has done so as well, but while some have expanded their horizons, many more continue as if little or nothing has fundamentally changed. Day-to-day news stories perpetuate the fantasy that normal has already returned. And in one sense, they're right. The normal patterns of exclusion and suppression that Project Censored has been tracking for more than 40 years continue to dominate, with even the latest wrinkles fitting into well-established, if evolving, broad patterns that are depressingly familiar.

These patterns are reflected in Project Censored's Top 10 list, with two stories each about labor struggles, racism and threats to health, the environment and free speech. Yes, that's 12 stories, not 10, because some stories fit into more than one pattern — and some readers will surely find more patterns as well.

The point of Project Censored has never been just to expose significant stories that have been ignored but rather to expose them as portals to a wider landscape of understanding and action.

What follows is the summary of the first of this year's Top 10 censored stories. Read the online version of this story at www.northcoastjournal.com for the other nine.

1.) Prescription Drug Costs Set to Become a Leading Cause of Death for Elderly Americans

"Soaring prescription drug costs have been widely reported by corporate news

outlets," Project Censored notes, but they've utterly ignored the staggering resulting cost in human lives.

More than 1.1 million seniors enrolled in Medicare programs could die prematurely in the next decade due to unaffordable prescription drugs, according to a November 2020 study reported on by Kenny Stancil for Common Dreams.

"As medicines become increasingly expensive, patients skip doses, ration prescriptions or quit treatment altogether," Project Censored explained, a phenomenon known as "cost-related nonadherence," which will become "a leading cause of death in the U.S., ahead of diabetes, influenza, pneumonia and kidney disease" by 2030, according to the study by the nonprofit West Health Policy Center and Xcenda, the research arm of Amerisource-Bergen, a drug distributor.

"Even with Medicare insurance, what seniors pay is linked to a drug's price," the study explained, which allowed the researchers "to model how cost-related nonadherence would change under policies that would reduce drug prices, such as Medicare negotiation."

The study focused on five medical conditions that "significantly affect seniors and for which effective pharmaceutical treatments are available," including three types of heart disease, chronic kidney disease and type B diabetes.

"The good news is that policy changes can curb the power of Big Pharma, resulting in far fewer avoidable deaths," Stancil reported.

As one of its key findings, the study

states, "Medicare negotiation is projected to reduce drug prices and seniors' cost-sharing, which could prevent nearly 94,000 seniors' deaths annually and save \$475.9 billion."

As a model for policymakers, the study pointed specifically to the Elijah E. Cummings' Lower Drug Costs Now Act (House Resolution 3), which passed the House in December of 2019 but died in the Senate, Project Censored noted. It's been reintroduced after Joe Biden "declined to include Medicare negotiation in his \$1.8 trillion American Families Plan proposal," they explained.

A May 2021 op-ed in *The Hill*, co-authored by Rep. Peter Welch (D-Vermont), cited the study's figures on preventable deaths and explained its basic framework as such.

- H.R. 3 would limit the annual out-of-pocket costs for Medicare beneficiaries to no more than \$2,000 and would establish a top negotiated price for drugs at no more than 120 percent of the average of six other wealthy nations.
- H.R. 3 would support and protect innovation and new drug development by investing some of the expected savings into the world-class research funded through the National Institutes of Health (NIH).

But this op-ed was a rare exception. "The public's understanding of the debate surrounding H.R. 3 and other proposed legislation designed to control inflation in prescription drug prices ought to be informed by accurate information about the grim repercussions of continuing the status quo," Project Censored noted. "Sadly, the corporate media have failed to provide the public with such information for far too long, and the consequences could turn out to be deadly for millions of seniors." ●

For a summary of Project Censored's other nine most underreported stories of 2021, visit www.northcoastjournal.com.

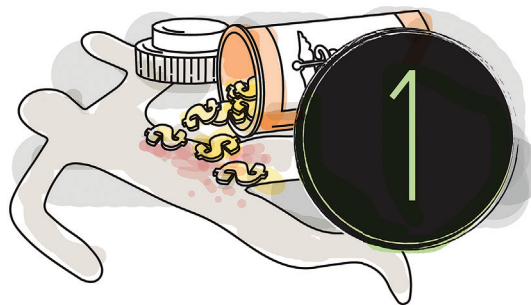


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No Peeking Behind the Nuke's Fence

PG&E turns turtle while state coughs up waste stability data

By J.A. Savage

newsroom@northcoastjournal.com

After a modest burst of self-congratulation upon finishing the physical decommissioning of its Humboldt Bay nuclear plant in November of 2021, PG&E has gone deeply silent in answering the *Journal's* follow up inquiries into the long-term safety of the highly toxic radioactive waste now ensconced 44 feet above Humboldt Bay at Buhne Point.

The lack of response raises concerns about hiding pitfalls in the future safety of the radioactive waste stored on the edge of the bay.

While the utility can't seem to get the power returned to many after the holidays' snowstorms, stop sparking forest fires or avoid being fined by the state for ducking power safety inspections, it might claim a victory lap for burying its nuclear power plant that was shut down back in 1976. It could show us what's behind its fence at its shiny, new nuclear waste site at King Salmon.

PG&E's plant won't go all Chernobyl on us but the radioactive remains are here. While they're packed up ready for a ride to someplace safer, that safer place doesn't exist, and the toxic remains are probably here forever. The way it is now, the federal government says the utility only has to keep a light watch on the

waste, that they've done all they're going to do about making it safe for the next generation.

But there is much more to do because the waste site has to keep from leaking highly toxic radioactivity into our environment. We're trying to find out — in detail — what the utility has actually done and what, if anything, it's continuing to do to help ensure public safety.

Alas, the utility has not responded to repeated attempts, beginning in October of 2021, for a peek at its guarded radioactive waste site. Nor has it responded to requests for comment on future safety, palliative care and mitigating environmental threats to the high-level nuclear waste ensconced at its power plant.

The week before the *Journal* published "Dancing on the Hum Nuke's Grave is Strictly Prohibited" (Nov. 4, 2021), which highlighted a few of the utility's accidents and its fiscal irresponsibility in its history with the Humboldt nuke, I had already asked the company to allow me behind its heavily secured gates at the power plant to see the new long-term waste storage site. PG&E spokesperson Carina Corral wrote in an email that the utility was "currently coordinating schedules of our subject matter experts to travel to Humboldt to be your tour guides." After

the *Journal* article, PG&E fell silent on any follow-up until Nov. 16, 2021, when Corral noted tersely, "We are not offering tours of the facility." When asked for an explanation of the turnabout, there was no response.

As a regulated utility, it is illegal for PG&E to discriminate against publications and/or journalists. "PG&E wields considerable power over the press covering its activities," wrote Ninth District Court of Appeal Justice William Newsom in the court's unanimous 1993 decision. "In the case of a public utility enjoying such extensive monopolistic authority there is an important public interest in assuring freedom of the press in reporting on matters lying within the exercise of its franchise." (Full disclosure: I was the plaintiff in the case.)

Although the lack of access and answers from the utility continues, key reports on the site's stability from the California Coastal Commission surfaced last week.

When the Coastal Commission permitted PG&E's nuclear waste storage in 2011, it required the utility to report on the vulnerability of the bluff holding up the waste storage casks, as the *Journal* reported in "The Atomic Priesthood" (Dec. 16, 2021). Although the federal government prevents states from addressing health and safety concerns over nuclear power, the commission maintains a limited role in protecting Humboldt by watching the waste site's stability — so the tons of highly toxic refuse don't slide into the water below.

Newly surfaced reports show the bluff under the waste retreated by 6 feet in 2012. Up until the last survey made available, covering 2017, rip rap armoring the bluff that holds the waste site has held firm, according to Eureka-based geologists SHN Consulting.

Tsunami warnings were issued on the North Coast on Jan. 15. A PG&E repre-

sentative later confirmed via email that "there were no adverse effects at the Humboldt Bay Independent Spent Fuel Storage Installation." The week before, Jennifer Marlow, assistant professor in Humboldt State's Department of Environmental Science and Management, said in an email, "It appears that for now the slope is stable."

She wants the utility and the state to go beyond simply observing the current vulnerability of the radioactive waste site, and she is exploring community options through her project www.44feetabove-sealevel.com.

"Under future conditions, if the rip rap wall is damaged by a storm/tsunami event, what is the stability of the slope under those future conditions?" she asked, opining that the federal government could revisit its safety assumptions, allowing for bluff failure and other events not considered in the original safety design. "If the waste will be here in perpetuity, then monitoring will need to be done in perpetuity so that we can map out pathways for how to adapt to any changes detected."

After reading last month's National Oceanic and Atmospheric Administration's Arctic "report card," I realized the Tip Top Club is destined to be a waterfront bar in the future, and I also realized that the Coastal Commission's requirement that PG&E keep monitoring the nuclear sites' stability is the only method the state currently has to safeguard the facility from a rapidly changing environment.

PG&E's got so many public relations snafus, the company doesn't have to add its shiny, new waste facility to the list by ducking responsibility for revealing what it is doing to keep the radiological nightmare from escaping its confines. ●

J.A. Savage (she/her) survived PG&E's blacklisting attempt in the era of Erin Brokovich.



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Eureka Police Name Officer Who Shot Suspect

The Eureka Police Department identified Jan. 12 the sole officer who shot a suspect Dec. 30 during a multi-agency team operation to arrest the man wanted on suspicion of attempt robbery, assault with a deadly weapon, revocation of parole, burglary and reckless evasion.

The suspect, Little Eagle Moon, 29, of Hoopa, was shot in the hand and arm by two of the six rounds fired by EPD detective Joseph Couch after Moon reportedly began ramming law enforcement vehicles and driving toward officers who were trying to apprehend him at Third and T streets in Eureka.

Moon, who is charged with the attempted murder of officers among other counts, pleaded not guilty last week, according to media reports.

All six of the shots hit either Moon, who then allegedly fled in the vehicle and caused a crash at Fifth and V streets before fleeing on foot into a greenbelt, where he was ultimately taken into custody, or his vehicle. Two others with Moon were not injured.

Another officer fired a less-than-lethal shotgun, according to the EPD.

EPD policy states that an officer should only fire at a moving vehicle or its occupants if they believe “there are no other

reasonable means available to avert the imminent threat of the vehicle, or if deadly force other than the vehicle is directed at the officer or others” or in the case of a terrorist attack.

Moon, who was initially treated at St. Joseph before being transferred out of the area, was booked into the Humboldt County jail on Jan. 12.

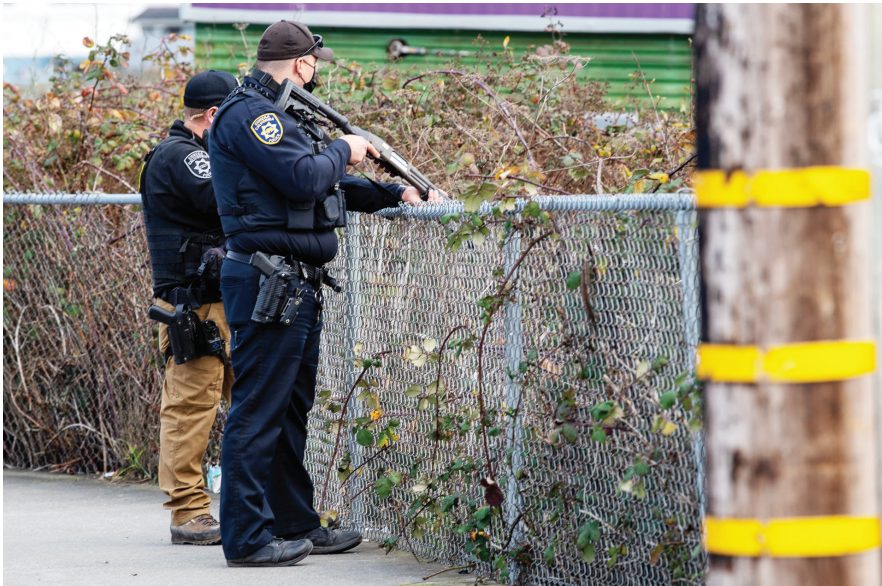
Couch was at the scene as part of the operation to apprehend Moon. He has been with the EPD for five years and is part of the Problem Oriented Policing Team and the county’s SWAT team.

He was placed on administrative leave but was cleared to return to full duty Jan. 7 following “a review of the investigation as it stands at this point, interviews, and a critical incident debrief,” according to EPD.

The investigation remains ongoing.

The EPD stated in a release that video footage of the incident was captured on body-worn cameras and the department will release it according to state law, which requires it be made public as soon as doing so won’t jeopardize the investigation and not later than 45 days after the shooting, absent extraordinary circumstances.

— Kimberly Wear
POSTED 01.12.22



The scene at the arrest of Little Eagle Moon on Dec. 30. Photo by Mark McKenna



Officers take Little Eagle Moon into custody. Photo by Mark McKenna


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For the news as it develops and all you need to understand politics, people and art on the North Coast, follow us online.


Tsunami Advisory: Humboldt County spent most of Saturday under a tsunami advisory due to a devastating volcanic eruption near Tonga that sent surges across the ocean, with the highest in the region measuring at 3.7 feet in Crescent City and Arena Cove in Mendocino. POSTED 01.15.22


Fatal Crash Arrest: Salyer resident Keiahna F. Moody has been arrested on suspicion of DUI and gross vehicular manslaughter following a crash on Pine Creek Road Jan. 15 that resulted in the death of 18-year-old Hoopa resident Carlie Kelley. POSTED 01.18.22


Updated Protocols: Humboldt County Public Health released updated guidance for COVID-19 isolation and quarantine for residents testing positive for the virus, following the U.S. Centers for Disease Control and Prevention protocols. POSTED 01.13.22


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Digitally Speaking

840 The number of new COVID-19 cases confirmed by Public Health after the long holiday weekend, bringing Humboldt County’s total to 13,758, with 494 hospitalizations and 128 deaths as of Jan. 18. POSTED 01.18.22

They Said It

“The sheer number of patients still means we could have an impact on the hospital census over coming weeks and we’re preparing for that.”

— Roberta Luskin-Hawk, CEO at Providence in Humboldt County, talking about the impact of the Omicron surge, which is expected to peak in February, on St. Joseph and Redwood Memorial hospitals. POSTED 01.12.22

Comment of the Week

“Ten percent is really high. That’s awful.”

— Joshua Gruver commenting on the Journal’s Facebook page about the 33 fentanyl-related deaths in Humboldt County last year and the amount those deaths accounted for out of those recorded by the coroner’s office in 2021. POSTED 01.12.22

The Stress Test

Omicron challenges Humboldt schools' ongoing efforts to keep kids in classrooms

A Journal Staff Report

newsroom@northcoastjournal.com

Back in August, when Humboldt County schools returned from summer break for in-person instruction amid a surge in COVID-19 cases fueled by the Delta variant, concerns were pervasive. Parents worried whether their children would be safe in the classroom, while others questioned whether schools would act as virus incubators that hastened community spread. School administrators, meanwhile, worried how they would manage COVID protocols and testing regimens with too much already on their staffs' plates.

Some six months later, it's safe to say schools have largely pulled it off, returning students to in-person instruction without massive outbreaks of the virus. There have

been hiccups pre-Omicron, sure. Back in November, the Southern Humboldt Unified School District closed its campuses several days before Thanksgiving break in the face of a COVID-19 outbreak that administrators said was linked to off-campus gatherings, and the Arcata High School football team similarly had to forfeit a playoff game and end its season early due to an outbreak. But those are the outliers, as the school year has largely gone smoothly — though exhaustingly — for Humboldt County's 30 school districts and more than 70 school sites. Using a variety of testing regimens, administrators have leaned hard on proven COVID-19 mitigation measures — masking, ventilation, distancing and sanitization — to keep kids in classrooms.

Jo Kuzelka conducts a music class at St. Bernard's High School, where students don't share stands and only play mask-compatible instruments.

Photo by Jonathan Webster



But now the highly contagious Omicron variant is surging. Believed to be three times more contagious than Delta, Omicron has pushed case rates across the county, state and country to points previously unthinkable, becoming the dominant strain of the virus circulating, prompting some parents and local residents to again ask, is it safe to have kids in classrooms?

Humboldt County's case numbers continue to spike — the county confirmed a record 853 cases the first week in January, then 1,113 in the second week — and officials have said they expect that to continue, estimating this surge will peak sometime next month. But at press conferences in recent weeks, county Health Officer Ian Hoffman has repeatedly

maintained that not only are kids safe in classrooms but that they are likely safer there than out in the larger community.

"We will likely see even more cases over the coming weeks due to the nature of how this new variant spreads," Hoffman said. "As far as being safe in the schools, I do think it's still the safest place for kids to be: Everyone's masked, they've worked on ventilation and many schools do testing, and, certainly, we know the disruption virtual learning took on kids over the last couple of years."

With Omicron cases surging, the *Journal* reached out Jan. 7 to all local superintendents to ask about their testing programs and mitigation protocols. We heard back from about half of them, with many sounding overwhelmed as their existing systems

were undergoing a massive stress test. In addition to the challenges of keeping COVID from spreading within school walls, Omicron is so prevalent in the community, it's presenting massive staffing challenges for districts, most of which are already thinly staffed and short on substitutes. Last week, schools in McKinleyville and the Klamath-Trinity Joint Unified School District were forced to temporarily pivot to distance learning due to staffing shortages caused by COVID infections. Other districts have been hit hard, too, posing a growing concern for administrators.

"Hello," one area superintendent responded to the *Journal's* email questionnaire, "I am currently out with COVID myself, so am not feeling up to responding."

From the responses the *Journal* did receive, it's clear up to this stage in the pandemic, local schools have kept kids in classrooms to this point in the pandemic by leaning hard into what health officials say we should all be doing: masking, testing, distancing and vaccinating, while putting a premium on ventilation in indoor spaces. But this looks different across the county's 70-plus campuses.

For example, schools in the Mattole Unified and Maple Creek school districts took advantage of their warmer climates and smaller enrollment numbers to hold classes outdoors for much of the beginning of the school year, while Orick Ele-

Lafayette Elementary School students play on the school playground.

Lafayette Elementary School Facebook





mentary School spread students through its sprawling campus for maximum distancing. Other districts have shuffled lunch and other schedules to reduce the number of contacts each student has in a given day.

When it comes to testing, all districts that responded to the *Journal's* survey test students and staff in some capacity, though there's wide variation. Some districts test every student whose family opts in weekly or even twice weekly, while others only test unvaccinated teachers and do spot testing if a student is symptomatic and has a known exposure. Some districts rely solely on rapid antigen tests, while others use the more expensive and time consuming PCR tests to confirm positives or to conduct surveillance pool testing.

Most districts reported they feel their programs have been tremendously successful. Mattole Unified Superintendent Karen Ashmore said her district has had "no positive cases ever," while Maple Creek Superintendent Wendy Orlandi said she needed to knock on wood before telling the *Journal* her district has "not had a single positive COVID case with students or staff."

Other districts say they have identified positive cases on campus but have yet to confirm any instances of spread within the school, which falls in line with what health officials said at the beginning of

the school year: They expected schools to identify infections contracted out in the community but felt instances of spread at school would be limited. That makes sense, as schools are controlled environments where mitigation measures — masking, distancing and the limiting of intermixing groups — can be strictly enforced to a degree they cannot in the greater community.

"The honesty of staff, students and families has been critical for identifying symptomatic individuals and potential exposures," said Luke Biesecker, superintendent of Arcata School District. "The diligent contact tracing conducted by our school staff has also been vital to ensuring families are aware of exposures and that we are following appropriate quarantine and modified quarantine guidance. Having almost all our staff fully vaccinated and everyone following [California Department of Public Health] guidance related to COVID testing, masking, distancing and quarantine seems to be very successful. It is hard to know for sure, but we don't believe we had any instances of school-related COVID-19 transmission prior to winter break."

Asked what had been effective in her district, Ferndale Unified Superintendent Beth Anderson was succinct.

"Following protocols," she wrote in an email to the *Journal*. "Masking, social

Continued on next page »



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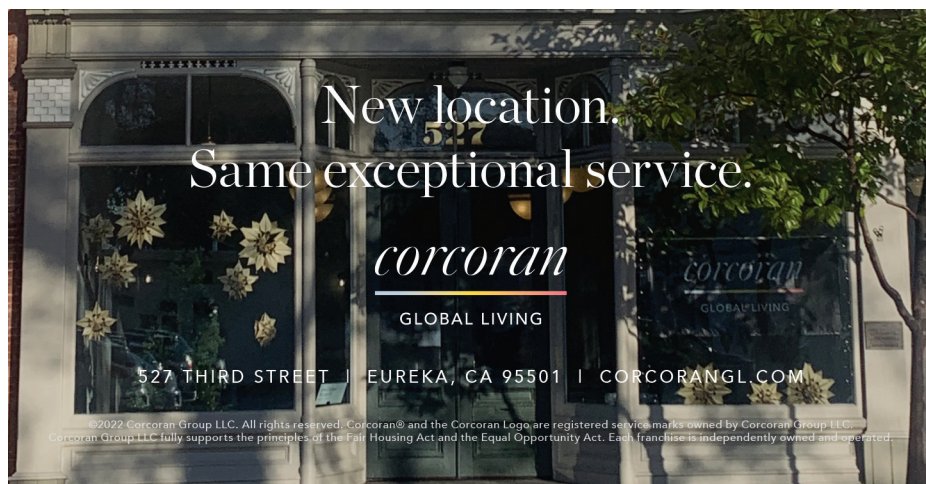
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NCJ ON THE COVER

Continued from previous page



Alice Birney Elementary School fifth graders learn fraction concepts using manipulatives and models. *Alice Birney Elementary School Facebook*

distancing, staying home/getting tested when sick. Honest and clear communication from all staff, students and families to ensure quarantine and isolation can be implemented.”

County Superintendent of Schools Michael Davies-Hughes, whose role is overseeing the Humboldt County Office of Education, which runs the county’s community schools, said frequent communication with families has been essential, as have “increased vaccinations for our students and staff, and measures such as frequent symptomatic testing, masking and use of ventilation and air filtration systems.”

While all the districts that responded to the *Journal’s* inquiries reported feeling positive about their protocols and mitigation efforts to date, some conceded Omicron presents a formidable challenge due to the sheer volume of cases.

Biesecker said the “magnitude of the latest surge has been quite challenging,” as his district has scaled up to offer twice-weekly testing for students and staff, while McKinleyville Union School Superintendent Heidi Moore-Guynup said it’s been “demanding” keeping up with the daily volume of testing and Northern Humboldt Unified Superintendent Roger Macdonald said it’s been “tremendously time consuming both during the day, after school and into the evenings” testing and doing the ensuing contact tracing and notifications. Freshwater School District Superintendent Si Talty responded apologetically after the *Journal’s* requested target deadline, “I’ve actually been so

swamped with testing students I have not had time to reply until now.”

Talty’s comment underscores a point several superintendents made in responding to the *Journal*. The limiting factor in the scale and scope in districts’ testing programs isn’t supplies or will, it’s staffing.

Jeff Northern, superintendent of Fortuna Elementary School District, was blunt in saying that regular required testing of athletes, testing students who’ve been exposed and the required weekly testing of unvaccinated employees is overwhelming.

“Just this amount of testing is more than we can handle being as short staffed as we already are,” he told the *Journal*.

And as Omicron continues to surge locally, that will inevitably mean more kids on campus with known exposures or symptoms, and consequently more testing, even as school staffing is stretched thin by infections. Fortunately, most superintendents reached by the *Journal* said they know what works and intend to double down in the face of the current surge, making sure indoor spaces are ventilated, everyone on campus is masked and distanced, and the mixing of groups is limited wherever possible.

“I strongly feel that adhering to all of our layered mitigation strategies at all times will keep us safe,” said Ashmore. ●

Journal staff writer Iridian Casarez, news editor Thadeus Greenson and digital editor Kimberly Wear contributed to this report.

Resolutions for a Better Food Life

And none of them are dieting, I swear

By Jennifer Fumiko Cahill

jennifer@northcoastjournal.com

We talk about our work lives, our family lives, our social and sex lives, so why not a food life? The nourishment, enjoyment, creativity and connection food allows crosses into those other realms and goes well beyond the headings of eating habits and diet. I'm hardly immune to the influence diet industry's January cash grab, coming as it does on the heels of holiday indulgence. But there's so much more to our complex food lives. With that in mind, here are some things I'm reminding myself to do this year.

Lose yourself in the pleasure of food. Why stop at eating mindfully when you can absolutely revel? Whether it's a whole crab or a peanut butter sandwich, put your hair back, tuck a napkin in your collar and go to town. Make unflattering noises. Ruin your sleeves. Allow yourself this unadulterated joy in a tumultuous world. That we are equipped with senses that allow us to delight in the necessity of feeding ourselves is a miracle — rejoice. The zillion things you're internally freaking out about will still be there after you've fully enjoyed that sandwich from crust to glorious crust.

Eat as local as you can. Even if you're not dialed in with eggs from a neighbor and a CSA membership, every time you choose local it benefits the planet and/or Humboldt's producers and businesses. Sometimes that means hitting the farmers market. Sometimes it means grabbing a burger and fries from a mom-and-pop joint instead of a corporate chain. It doesn't have to be all or nothing.

Get some takeout from your favorite restaurant. Too many of those local restaurants are hanging on by their

fingerprints right now. If there's someplace you'd hate to see vanish, order from it. Whether you treat yourself to a full meal or just the soup you love, be as much of a regular as you can afford — it all adds up. That fancy place you only visit on your birthday? Don't wait and don't underestimate the joy of eating a formerly annual treat in your jammies.

Don't drag restaurants on Yelp. You know when the server comes around and asks, "How is everything?" Tell them. Really. They likely want to make it right. Especially amid pandemic staffing and supply shortages, everyone has off days. But the scathing, anonymous review you were so pumped to share will last forever, doing plenty of damage and improving nothing. As in most relationships, direct communication — face to face, email, direct message or even a note on a napkin — is healthier than posting. (Of course, if you're straight up mistreated, hit me up and spare no detail.)

Let go of food shame. A lifetime of social training makes it tough to quiet the internalized judgments but you're not being "good" or "bad" when eating a salad or a doughnut unless you stole it. Fat-phobic moralizing about food and bodies can kick rocks.

Hold onto the foods that have meaning for you. Listen, I don't know if cutting out whatever today's food scapegoat is will make your immortal or not. But I know what it's like to deprive yourself of foods that are part of who you are, whether in terms of culture, family, personal history or those little rituals we invent for ourselves. (I look back on the year I went without rice as a goddamn waste.) And barring an actual medical reason — in which case, hon, I'm so very sorry — it's seldom worth

Continued on page 17 »

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Try new things. Life is short. Push yourself and taste more of the world before your leave it.

Get that recipe. Family recipes and the lore that go with them aren't passed down if nobody has their hand out to take them. Especially if your family (blood or found) is spread out and not gathering these days, opportunities to cook together don't always come up. Ask your friend, relative or whoever for the recipe to that dish you love. Can you cook together virtually, phones propped up in your kitchens? Ask them where they got the recipe, when they first made it, who liked it (or didn't) and how it's changed over the years. You'll get history, personal stories, remembrances and, if you're lucky, the occasional

scandal — far more than you can fit on a tattered and stained index card.

Remember who's feeding you. That includes the people who raise, process, prepare and serve our food. Remember them not only when tipping or putting on a mask to grab takeout, but when voting on issues like healthcare, housing, workplace safety and wages.

Feed someone if you can. It can be lonely out there — never more than in an isolating pandemic. Feeding others can be just as nourishing as being fed. Double a batch of whatever you're making and share it with someone who could use a home cooked meal or some cookies. Right now there are probably more people who fit that description in your circle than ever. Doesn't even matter if it's store bought — it's the gesture and the connection, as well as the sustenance. Drop a few bucks at the food bank or leave something in a little free pantry. Feed someone and feed your own soul.●

Jennifer Fumiko Cahill (she/her) is the arts and features editor at the Journal. Reach her at 442-1400, extension 320, or jennifer@northcoastjournal.com. Follow her on Twitter @JFumikoCahill.

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Vaccine Marketing Meeting

By Jennifer Fumiko Cahill
jennifer@northcoastjournal.com

Thanks for jumping in on this Zoom meeting. As you all know from the 16 meetings it took to get to this meeting, consulting on increasing vaccine uptake in the face of disinformation, conspiracy theories and general quackery is a plum gig for us. So keep in mind this is a brainstorming session and there are no bad ideas, but also don't screw this up. We've only got so many Greek letters and so many mutations before this virus goes full zombie. Lives are at stake and so are your jobs. OK! For the sake of order, please put your suggestions in the chat.

Steve, right off the bat, hey! "What about a focused national and grassroots effort, an info-heavy campaign on the risks and rewards of vaccination. Maybe some cash incentives." Extremely 2020, Steve. Could work with the merely hesitant. But we're looking for out-of-the-box ideas for people who've made rolling the dice in a pandemic their personality.

So, I see Janice has an idea for a "Goop-style approach, folding vaccination in with rich-white-lady-quack-capitalism." I get it. "Raw water fasting, gold ingot massage and vaccines delivered by freshly harvested sea urchin needles." Is that sanitary? Tina, look into that. Obviously we can't make it free. Let's work up a price tag

somewhere in the thousands or a way to make it an exclusive glamping experience in some country where they don't have enough vaccine doses.

Next we have Rick, who asks, "Why not gender the shit out of this thing?" OK, I see where you're going. "Pro athletes, but, like, not ladies, like Aaron Rogers but vaccinated — top of his game, probably a still garbage human but vaccinated. Just huge dudes getting huge needles in their huge arms and primal screaming." Can we make the needles bigger? Play up the pain? Tina, find out how big the needles come.

Taylor wants to know if we can mix the vaccines with a "male-enhancement thing, baldness treatments or just straight testosterone." Kind of a science thing but let's ask — Joe Rogan's headphones are already burning. Oh, and Janice wants to know if we can do a weight loss/vaginal rejuvenation-cocktail shot. Nice. Tina, make a note.

Josh says we're not going far enough. He writes, "Camo vehicles roll up with vaccination SWAT teams — maybe they rappel in? They hand out AK-style injection guns and they shoot the vaccine into each other in a paintball course set up like

the Capitol rotunda." Josh, obviously it's insane to risk them injecting each other more than once in a day. The shots are supposed to be weeks apart. Other than that I love it. Work out the logistics and we'll come back to it.

Shannon says we're forgetting the "classic anti-vax moms." Fine. What works there? All-natural branding, baby footage, female doctors and nurses? She says, "No — discreetly trade/bribe for babysitting so they can just be left the hell alone for an hour without breastfeeding, cleaning or homeschooling anyone because Jesus H. Christ, it is exhausting in the best of times when playdates aren't canceling left and right, and now it's just you and them and it's like they never sleep at the same time and I thought leaving the TV on would make them docile but it just makes them WILDER." Wow. That ... that sounds tough. Nice one, Shannon. Shannon? Her camera's knocked over and all I can see are some Legos and crackers. Anybody live near Shannon? Should we check on her?

We'll get back to her. Who's got something for Facebook Boomers? Anyone? Tina! "How about actually putting the

tracking nanobots they're freaking out about in the shot and link it to their Facebook accounts? Then they'd be fine with it." Oh, like an Apple watch but in your bloodstream, make it real but take the scare out of it. Can we harvest that data or does it go to Zuckerberg? Because this is a real marketing opportunity. Another question for the scientists but let's get on it.

And Rick is back — whaddya got, Rick? "Homeopathic holdouts might still need that grassroots approach," he says. You're not wrong; there's a lot of worry over the vaccines' ingredients, fear of chemicals and contamination. How do we get them to feel safe about putting something in their bodies? "We keep it local and distribute the vaccines to trusted sources in their communities. By which I mean the guy they buy black market weed from." I like it. ●

Jennifer Fumiko Cahill (she/her) is the arts and features editor at the Journal. Reach her at 442-1400, extension 320, or jennifer@northcoastjournal.com. Follow her on Twitter @JFumikoCahill.



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Six Strategies for Breaking A Bad Habit

By Louisa Rogers

itspersonal@northcoastjournal.com

When I decided to give up smoking in my 20s, I resolved to enjoy my last cigarette the night before my birthday and turned my final smoke into a sacrament. I put The Moody Blues' "Nights in White Satin" on my tinny record player, turned off the lights and sat in the dark, gazing at the slim cylindrical tip of my Marlboro until its last glowing ash faded. The ceremony was a fitting end to an era, since much of the attraction of smoking for me was not the taste but rather the ritual and romance — admiring how sensuous and erotic a cigarette looked laced between my fingers and watching the smoke circles drift dreamily into the air.

Since then, I have found ceremony and ritual to be a powerful tool for overcoming an unwanted habit. The year I turned 30, I confronted my addiction to Doritos, having subsisted on them for years. I pinned a cascade of empty Dorito bags to my skirt and top, and went to a masquerade party dressed as Doritos. This time, my ritual was more playful and lighthearted, and that helped, too.

Here are five other tricks I've discovered for changing habits.

The Cigarette-Butt Technique

When a friend in North Carolina is tempted to smoke cigarettes, she finds a small glass jar with a good secure top and

fills it halfway up with five or six used cigarette butts. After a few days, the jar has a strong, pungent smell. Whenever she has the urge to smoke, she opens the jar and smells it a few times until she gets nauseated and almost gags. Sometimes the memory of the smell alone will make her want to gag. If she's nowhere near a jar, she can bend down and smell an ashtray — not as powerful but still helpful.

The Receptacle Technique

From time to time this same friend and I report in to each other at the end of the day, by email or text, she about her cigarette intake and me about sugar, wine or any of my other compulsions. She might say "½ cig," and I might say, "two glasses of wine." Each of us is simply a receptacle for the facts; we don't even respond to the messages. But it helps keep us accountable.

Bookending

When I used to drive from Eureka to Arcata for a class, I'd often stop at Murphy's in Sunnybrae to buy an irresistible bag of chips that I couldn't find easily in Eureka. I'd sit in the car after my class devouring the whole bag while reading a magazine. Bliss! But afterward, I'd feel bloated and almost sick. Finally, I asked a friend if I could call her before and after the drive and leave a message letting her know what happened. I made no promises other than an update. Communicating with her on either end of



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the drive made all the difference and after calling her a couple of times, I stopped buying the chips.

Mirroring and Exaggerating

Milton Erickson, a hypnotherapist who died in 1980, would copy a patient to encourage change. For instance, he worked with a 12-year-old girl in a psychiatric ward who had destructive tendencies, such as kicking other patients in the shins or stamping on their feet. One day when she was tearing plaster off walls, instead of telling her to stop, he joined her, gleefully throwing furniture around and smashing windows. "This is fun!" he said. When they saw a nurse (who was secretly colluding with Erickson), he ripped her clothes off, down to her underwear. That was too much for the girl. Shocked, she grabbed a sheet to cover up the nurse. Once she saw her own actions modeled by someone else, she stopped her aggressive behavior.

I can be the fastest eater I know but, thanks to the mirroring technique, I've learned to moderate my pace. However, instead of seeing someone speed eat, I watch the person I'm eating with and take bites at their pace, which is always slower than mine. This helps me not only eat more mindfully, but digest better.

Focusing on Competence

I wish I had known this strategy earlier in my life, when I often felt very defeatist after repeatedly failing to eliminate a habit. This technique, borrowed from Solution-Focused Therapy, assumes the behavior change you want to make is already within your repertoire and there was a time in your life when you weren't hostage to the habit. Rather than beating yourself up for the way you are now, you remember what you once accomplished, as a way of reminding yourself that your present behavior isn't all of you. You ask yourself questions like: *When was I successful at this in the past? What was I doing differently? What kept me from unraveling? Why isn't the current problem worse than it is?*

Promising myself I'll make changes, as in New Year's resolutions, rarely works for me. But getting help from friends, using rituals and affirming the positive seeds within have helped me find the strength and creativity to overcome several healthy habits. ●

Louisa Rogers (she/her) is a leadership coach and writer who lives in Eureka and Guanajuato, Mexico.

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NCJ IT'S PERSONAL



My hospital view.

Photo illustration by Annie Kassof

A Week in the Hospital

By Annie Kassof

itspersonal@northcoastjournal.com

The specter of COVID-19 is everywhere. It's the elephant in the room, the new "C word." But it's not the reason I'm here.

It's my sixth evening in the hospital. I had a major surgery to prevent paralysis by having a large calcium deposit removed from my thoracic spine. By day six I've gotten permission to walk unassisted around the halls of my unit, a portable monitor connected to wires folded into the pocket of my hospital gown.

When I'd first exited my room, I neglected to put on a mask. After I'd gone about 20 paces, my cane tapping the ground, a staff member looked up, alarmed, to remind me. But as I turned to go back she hurriedly handed me one from beneath her computer station. It was pink and I put it on quickly, apologetically.

Amid quiet purposeful footsteps up and down uncarpeted hallways, masked staff members occasionally nodding at me, and hushed, seemingly urgent conversations at nursing stations, I think I hear someone say: "We have a patient who has a broken heart."

I feel as if I've entered another realm after so much time spent in a shared room separated by curtains. I'll walk as long as I can stand it, I tell myself.

And as I walk I ponder things like how many COVID patients are in this hospital. Or how many have occupied my bed.

My surgery had been scheduled for the end of December and my hope for the coming year was that the pandemic would fade away and the world would begin to recover; and of course that my own healing would progress nicely, as well.

A friend had dropped me off early on a cool Tuesday morning. My temperature taken, double masked, I was directed to a cluster of chairs where I'd been told to take one with a sign that said CLEAN. I sat in the only one without a DIRTY sign. How often were they disinfected? I'd had my two Moderna shots months earlier. My excuse for not getting a booster was all the pre-surgery depression and ennui I'd been experiencing for months, not to mention the changing data on efficacy, and my propensity for procrastination.

As I became gradually more aware of

my surroundings after a several-hour long surgery, I found myself in a shared room with another woman who I would later surmise was dying. A peppy nurse said she needed to ask me some “annoying” questions, then inquired about my religious affiliation, gender preference ... and eventually, a question I was surprised she hadn’t asked first: Had I been vaccinated.

I answered the questions in a sleepy voice, and noticed the cheerful nurse was wearing a face shield in addition to her regular mask. After she left I began the first of numerous attempts to sleep. Needless to say that’s a challenge in an environment with bright lights and beeping monitors; with ear plugs that had a way of falling out of my small ears, and with the groans, sobs, and cries of pain coming from my roommate on the other side of the curtain. She was suffering greatly.

The nurses and doctors all had phones that seemed to ring importantly at regular intervals and as some tended to me — taking my temperature, administering meds, checking my blood pressure, adjusting wires; repeated every few hours around the clock — others would hover and comfort my roommate, not unlike concerned parents, mumbling such things as:

“I’m so so sorry to have to do this to you again, but we’ve got to get you cleaned up.”

“Your hair’s so pretty. I’ll bet you used to get your nails done, too.”

“Oh sweetie, you haven’t eaten all day.”

“Skin like paper ...”

It’s not as important to recount how I knew she was in the last days of her life as it is to note the sincerity and compassion I heard in the voices of all those helping her. The day before she was taken someplace else in the middle of the night, family members came to cry by her bedside or talk so softly I found myself inadvertently straining to hear what they said. Since most of the time I couldn’t sleep anyway I became caught up in what was happening on the other side of the curtain.

My hopes of getting more than a couple minutes of real sleep after my roommate left were dashed soon afterward, when the other side of our shared room was quickly cleaned and another woman admitted in the wee hours. Bleary-eyed and resigned, I at least had the reassurance of overhearing her say she was vaccinated.

There are things you think you overhear, like, “We have a patient with a broken heart.”

There are things you want to hear, like, “You’ll be going home today.” I stayed at the hospital longer than expected because my daily x-rays, some taken before day-break while I was still in bed, had to show my lungs were clear of fluid before I could

be discharged.

Then there are the things you can’t help but hear (paraphrased), like:

“Thirteen people called in sick today ... that’s like half our staff!” (This was on New Year’s Eve.)

“People are quitting because they’re afraid of getting sick ... Too many patients being admitted are unvaccinated.”

“None of the nurses aides are working tonight.”

“They’re gonna make us require proof of boosters soon.”

“FEMA’s doing some of the work here.”

“I’m on a mission to find you prune juice.”

“You pressed the call button because you needed ChapStick?” (“Well, I need water, too,” I’d replied sheepishly, after waiting half an hour for a response.)

“I’m doing my best.”

“I love my job.”

“I can give you melatonin.”

As I walk the halls on day six of my hospital stay, the day before I would finally be discharged, I make an effort to be extra observant.

The walls are beige. The light is unflatteringly bright. My brain feels foggy so I try to memorize signs:

Caution Wet Floor. Negative Pressure Room. Danger High Voltage. Keep Out. ICU Waiting Room. There are staff lockers and a photo of the ocean; a print that reminds me of being in Greece. Nursing stations like immaculate pods in a florescent lit, alternate universe.

Who was St. Joseph, I wonder. It’s the name of the hospital I’m in, which is in the process of transitioning to a new name while retaining its Catholic foundation.

I’m not religious but I’m spiritual. There’s so much I don’t know. But I believe things happen for a reason.

There’s a reason I was given a time slot for this operation, at a time when we may be on the cusp of deferring many, many procedures and surgeries. Again. That is, if COVID-19 and its variants continue rearing their unforgiving heads.

By now I’m convinced more than ever that most nurses and doctors are saints, along with all the other employees who staff hospitals and health clinics everywhere.

At St. Joseph, several seconds of a charming lullaby are played over the loudspeakers every time a baby is born there. I think four mothers gave birth during my week long stay. I refuse to envision the next generation growing up under a never-ending pandemic. ●

Annie Kassof (she/her) is a freelance writer and artist living in Humboldt County.

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NCJ GET OUT



The joys of being ignored by a flock of brown pelicans at Big Lagoon.
Photo by Simona Carini

Get Out in Nature More in 2022

By **Simona Carini**
getout@northcoastjournal.com

“However you decide to exercise, remember to make your moving joyful” was the recommendation with which I ended the article I wrote for this column in January of 2020. I stand behind those words. Joyful moving has helped my physical and mental health in the past two years while the pandemic changed our lives in ways big and small, and different for each of us.

But even on a day when I don't feel like exercising, I do my best to step away from my desk and go to a nearby park or beach to oxygenate my body and focus my eyes on nature; I always return feeling better, rebalanced. The title of a paper published in the journal Scientific Reports in 2019 supports my experience: “Spending at least 120 minutes a week in nature is associated with good health and wellbeing.”

One thing that has blessedly not changed in these pandemic years is our access to the outdoors here in Humboldt. The same place is never exactly the same upon repeated visits, so going back to a park, trail or beach, even a well-known one, on a different day will lead to a different experience.

For one thing, seasons bring changes. In March we look for trilliums to tell us spring is approaching. Douglas irises follow. Fog is the hallmark of summer, while fall brings back clearer skies. On a winter morning after a frosty night, grass blades and bush leaves are embroidered with ice crystals, which the rising sun makes sparkle.

In a recent piece (“Get Out into the Fog,” Aug. 26, 2021), I talked about Big Lagoon, which I have explored on kayak and paddleboard countless times. I have also sat on a bench on its shore and

taken in the expanse of water — calm or rippled by a breeze — the tall Sitka spruce, the dark beach, great egrets and great blue herons, while on the other side of the spit, the ocean rumbled.

I had seen brown pelicans there before but nothing prepared me for what I witnessed one morning in early October after a few weeks of absence: a congregation of them had gathered at the south end of the lagoon. They reminded me of a group of teenagers hanging out, content to spend time together. Every now and then a group of them took off, ruffling the water while getting up to speed, then soared. Others landed with a splash, oblivious, I felt, to my presence as I observed them from shore, then later tried to skirt them on my paddleboard.

I watched in silence and awe with a few other people. When we spoke, we whispered. There was something exhilarating about being vastly outnumbered by the birds and it felt good to be ignored by them. It warmed my heart to see they liked Big Lagoon. Though the smallest of the world's eight pelican species, the brown pelican (*Pelecanus occidentalis*) is still a big seabird. It has a thin neck and long bill equipped with a stretchy throat pouch used for capturing fish. It plunge-dives from high up, stuns small fish with the impact of its large body and scoops them up into its pouch. I had seen brown pelicans glide in V formation, their long, broad wings bowed, then perform their fishing stunt, but being close to so many of them was a new experience.

And being ignored by them was a balm for my brain. Sometimes I get wrapped up in work and fall into the trap of giving outsized importance to small details, of treating every deadline like an emergency. Being out there with large birds oblivious to my presence put certain things into a different perspective, made some tasks more manageable.

That is why I think it is so beneficial to spend time outdoors — nature invites us to drop our shields and to adjust the size of elements of our life, weigh them differently, to view time as a dimension in which we thrive, rather than a scarce resource we are ever trying to obtain. Get out in nature more in 2022, get lost in familiar places again and again. Find your balance there.

●
Simona Carini (she/her) shares photographs of her outdoor explorations (and of food) on Instagram www.instagram.com/simonacarini.



Castro Valley resident Corey Kramer landed a nice winter steelhead on a recent float down the South Fork Eel River. Photo courtesy of Fishing the North Coast

Weekend Looks Excellent for Winter Steelhead

By Kenny Priest

fishing@northcoastjournal.com

If you're looking to hit one of our local rivers in search of winter steelhead, this is your weekend. The lack of recent rainfall, both a blessing and a curse, has allowed the rivers to drop and turn the shade of emerald green steelhead anglers dream about. From the Chetco to the South Fork Eel, all the coastal rivers will be fishable, though some could use a little of the wet stuff. The Smith, always the first to fish and first to clear, is running clear but still producing. Here in Humboldt the Mad should be about perfect by the weekend for bank anglers and boats. The main stem Eel is also finally rounding into shape and has turned green. It's still running high but will be fishable by late this week or the weekend. The South Fork Eel is also in pristine shape and giving up a few bright winter steelhead. If it's steelhead you're after, you'll want to take advantage of the river conditions this weekend.

Weather outlook

According to James White of Eureka's National Weather Service office, we'll remain dry through the rest of the week and through the weekend. "The 8–14-day outlook is no longer showing below

normal precipitation," said White. "There's a chance that late next week we could finally see a change in the weather pattern."

Low flow fishing closures extended

As a reminder, low flow regulations that went into effect on Oct. 1 for the Eel River, Mattole, Redwood Creek, Smith, Van Duzen, and Sept. 1 on the Mad, will be extended to April 30 in 2022. The California Fish and Game Commission unanimously approved the extensions back in December due to drought conditions. Low flow regulations will begin Sept. 1, 2022 on all rivers subjected to low flow fishing closures.

The Rivers Mad

The Mad is still pushy and flowing at 1,775 cubic feet per second as of Tuesday and turning green. The conditions drew some boats and plenty of bank anglers over the weekend, and the fishing was pretty good. The river will be in great shape the rest of the week and prime by the weekend. If you're looking to catch a

steelhead, it's probably your best option.

Main stem Eel

The main stem was running at 5,780 cfs as of Tuesday and is dropping into shape. The water color is good, but the volume of water is still a little high. Should be in good shape by the weekend.

South Fork Eel

The South Fork was in great shape over the weekend and drew quite the crowd. The fishing wasn't red hot. Most boats got the opportunity at a few fish but there were plenty of skunks. It's predicted to be around 800 cfs by the weekend.

Van Duzen

The Van Duzen was down to 650 cfs as of Tuesday and is very fishable. There were a few bank anglers taking advantage over the weekend but reports were hard to come by. Will be in excellent condition all week.

Smith River

Flows were down to 3,700 cfs on the Jed Smith gauge Tuesday. Conditions are low and clear and the fishing pressure is light as a lot of anglers have moved to the Chetco. There are fish in the river, but you'll need to be stealthy to be successful.

Chetco/Rogue

Steelhead fishing remains good on the Chetco, with most guides getting two to four fish a day reports Andy Martin of Wild Rivers Fishing. "Big crowds on Saturday and Sunday cut into the impressive catch rates from a few days earlier, but fishing was still decent," said Martin. "The boat pressure eased on Monday and catch rates improved to limits or near limits again. A mix of wild and hatchery steelhead are spread throughout the river. Plunkers have switched over to drift fishing gear and are getting a few steelhead from shore. The lower Rogue is fishing well for steelhead as the winter run appears to be above average. Anchoring and finding 3.5 MagLips has been the best bet. Shore anglers are using Spin-N-Glos at Lobster Creek and Huntley Park."

●
Read the complete fishing roundup at www.northcoastjournal.com.

Kenny Priest (he/him) operates Fishing the North Coast, a fishing guide service out of Humboldt specializing in salmon and steelhead. Find it on Facebook, Instagram, YouTube and www.fishingthenorthcoast.com. For up-to-date fishing reports and North Coast river information, email kenny@fishingthenorthcoast.com

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Calendar Jan. 20 – 27, 2022



Stan Yogi, submitted

Celebrate civil rights leader Fred Korematsu's Jan. 30 birthday by learning more about the man, his work and his growing legacy at the **Fred Korematsu Day of Civil Liberties and the Constitution Lecture with Keynote Speaker Stan Yogi** on **Thursday, Jan. 27** from 3 to 4:30 p.m. on **Zoom** (free). Yogi knows a thing or two about Korematsu and activism. He's the coauthor of *Wherever There's a Fight: How Runaway Slaves, Suffragists, Immigrants, Strikers, and Poets Shaped Civil Liberties in California*, and *Fred Korematsu Speaks Up*, as well as serving as the co-chair of Okaeri, a group of LGBTQ+-identified Japanese Americans, and co-curating "Seen and Unseen: Queering JA History Before 1945," an online exhibit about LGBTQ+ Japanese American history.



Aldaron Laird, submitted

Join Friends of the Arcata Marsh and environmental planning consultant Aldaron Laird for **King Tides on Humboldt Bay: A Preview of Sea Level Rise, Friday, Jan. 21** at 7:30 p.m. on **Zoom** (free). This timely lecture (tsunami? King tides, anyone?) delves into Laird's work mapping and studying Humboldt Bay over the last 20 years, and his work in sea level rise planning. Concurrently, a selection of his photographs taken around Humboldt Bay is on display now through February at the Arcata Marsh Interpretive Center (open Tuesday through Sunday, 9 a.m. to 5 p.m.). Access the Zoom link for Laird's presentation at www.humboldtstate.zoom.us/j/81524243096.

Heads up, folks: Due to the increase in COVID-19 cases in the area, many events are in flux. Please check our online calendar for event changes and contact information before heading out. We'll do our best to update the rapidly changing info. At press time, these events are still on. Please remember the county mandatory masking ordinance is in place and mask up for yourself and your neighbors.

20 Thursday

ART

Online Art Fundraiser. 8 a.m. Virtual World, Online. Supporting Humboldt's first anthology of painters. Runs until Jan. 25. cmp10@humboldt.edu. www.kickstarter.com/projects/humboldtart/community. 502-0523.

BOOKS

Beelzebub's Tales To His Grandson Radio Hour. 10-11 p.m. The book will be read in its entirety on Humboldt Hot Air, starting on Jan. 20. Free. rybopp@suddenlink.net. www.HumboldtHotAir.org. 826-7567.

SPOKEN WORD

The Writers Lounge via Zoom. 7:30 p.m. Virtual World, Online. A writing workshop geared toward stand-up and comedy. Zoom Room: 857 4217 6054. Password: writers. Join Zoom Meeting www.us02web.zoom.us/j/85742176054?pwd=dWp4UGVqaUVYQ0wzekVnZkZ0VlMzZz09.

FOR KIDS

MARZ Project. Noon-5 p.m. Virtual World, Online. Humboldt and Del Norte county youth ages 12 to 26 learn to express themselves creatively in visual art, audio and video production. All MARZ students have free access to equipment, software and training. Meets via Zoom by appointment. Free. marzproject@inkpeople.org. 442-8413.

FOOD

Volunteer Orientation Food for People. 3-4 p.m. Help fight hunger and improve nutrition in the community. Visit the website to be invited to a Zoom orientation. Free. volunteer@foodforpeople.org. www.foodforpeople.org/volunteering. 445-3166 ext. 310.

MEETINGS

Ujima Parent Peer Support. 6:30-7:30 p.m. Virtual World, Online. For BIPOC families. See the HC Black Music and Arts Association Facebook page for more information. hcblackmusicarts@gmail.com.

Virtual Whiteness Accountability Space. Noon-1 p.m. Virtual World, Online. Community members who identify as white are invited to weekly conversations led by white facilitator from Equity Arcata. Email for the Zoom link. equityarcata@gmail.com.

ETC

Become a Wildland Firefighting Vendor. 10-11 a.m. Virtual World, Online. Learn more about the required Forest Service vendor portal, VIPR. See website for details. Free. info@norcalptac.org. www.norcalptac.org/events/become-wildland-firefighting-vendor-forest-service-procurement-vipr-0. 267-7561.

English Express: An English Language Class for Adults.

Ongoing. Virtual World, Online. This class offers pronunciation, speaking, reading, writing, vocabulary, verb conjugations and common expressions. All levels welcome. Join anytime. Free. www.englishexpresempowered.com.

Restorative Movement. 10:30-11:30 a.m. & 2-3 p.m. Virtual World, Online. SoHum Health presents classes focused on strength and mobility (Tuesday), and on relaxation and breath work (Thursday). Contact instructor Ann Constantino for online orientation. \$3-\$5 donation per class, no one is turned away for lack of funds. annconstantino@gmail.com. www.sohumhealth.org. 923-3921.

21 Friday

ART

Online Art Fundraiser. 8 a.m. Virtual World, Online. See Jan. 20 listing.

LECTURE

King Tides on Humboldt Bay: A Preview of Sea Level Rise. 7:30 p.m. Virtual World, Online. Join environmental planning consultant Aldaron Laird for a Zoom presentation on sea level rise assessments for Humboldt Bay. Access the presentation at www.humboldtstate.zoom.us/j/81524243096; Meeting ID: 815 2424 3096; Phone 669-900-6833. Free. 826-2359.

MUSIC

Shelter n Play. 6 p.m. Virtual World, Online. Public group on Facebook made up of local musicians and music fans. Live streams, videos, events and local music links. www.facebook.com/groups/224856781967115.

FOR KIDS

MARZ Project. Noon-5 p.m. Virtual World, Online. See Jan. 20 listing.

Mistwood Educational Center Open House. 6-8 p.m. Mistwood Educational Center, 1928 Old Arcata Road, Bayside. For all interested families to meet with Mistwood Educational Center staff and find out more about the school. kate@mistwoodvillage.org. www.mistwoodvillage.org. 826-1150.

GARDEN

Sea Goat Farm Garden Volunteer Opportunities. 10 a.m.-5 p.m. Abbey of the Redwoods, 1450 Hiller Road, McKinleyville. Help with animal care, weeding, watering, planting and occasional harvest help on Saturday mornings. Volunteers get free produce. flowerstone333@gmail.com. (530) 205-5882.

ETC

A Call to Yarns. Noon-1 p.m. Virtual World, Online. A weekly Zoom meetup for knitters and crocheters. Sign up using the Google form for an email invitation. Free. sparsons@co.humboldt.ca.us. www.forms.gle/CkdbZS-bjbckZQej89. 822-5954.

English Express: An English Language Class for Adults. Ongoing. Virtual World, Online. See Jan. 20 listing.

Tabata. 5:30-6:30 p.m. Virtual World, Online. SoHum Health presents online classes with short, high intensity cardio workouts. Contact instructor Stephanie Finch by email for a link to the class. Free. sfinch40@gmail.com. www.sohumhealth.com.

22 Saturday

ART

Online Art Fundraiser. 8 a.m. Virtual World, Online. See Jan. 20 listing.

BOOKS

Book & Art Sale. 11 a.m.-4 p.m. Richards' Goat Tavern & Tea Room, 401 I St., Arcata. Northcoast Environmental Center's first book and art sale. Masks required. Held outdoors in the parking lot. Please maintain social distancing. Donation. nec@yournec.org. www.yournec.org/booksale. 822-6918.

Reading in Place - An Online Reading Group. 1 p.m. Virtual World, Online. Sign up online for a Zoom meeting invite and the week's reading for discussion. www.forms.gle/zKymPvcDFDG7BJEP9.

MUSIC

Zoom Piano Concert - Sam Reider. 7 p.m. Virtual World, Online. Temple Beth El presents pianist and composer Sam Reider. His compositions include jazz, folk and classical. Buy tickets at www.templebetheleureka.org/sam-reider-concert. A Zoom link will be sent to you upon purchase. \$25.

FOOD

Arcata Plaza Farmers Market. 10 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Humboldt County grown and GMO-free produce along with plants, meats and more. Educational materials including a seasonal eating guide, recipes and merchandise available. Always open rain or shine. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. 441-9999.

Sea Goat Farmstand. 9 a.m.-1 p.m. Abbey of the Redwoods, 1450 Hiller Road, McKinleyville. Fresh veggies grown onsite, fresh sourdough bread from Humboldt Baking Company and farm fresh eggs. Art from local artists as well as goods from a variety of local artisans. flowerstone333@gmail.com. (530) 205-5882.

GARDEN

Sea Goat Farm Garden Volunteer Opportunities. 9 a.m.-1 p.m. Abbey of the Redwoods, 1450 Hiller Road, McKinleyville. See Jan. 21 listing.

MEETINGS

Sistahood. 9:30-11 a.m. Virtual World, Online. For women teenagers and older on Zoom, to build healthy relationships and strengthen ties through validation and affirmation. Music from 9:30 a.m., open conversation from 9:45 a.m., meditation with the Sista Prayer Warriors from 10:45 a.m.

OUTDOORS

Arcata Marsh Birding Tour w/Ken Burton. 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Meet leader Burton at the end of South I Street (Klopp Lake). Bring your binoculars. COVID-19 participation guidelines online. RSVP by text with the walk date and name, email and phone number for each participant. Free. thebook@reninet.com. www.rras.org/home.aspx. 499-1247.

FOAM Marsh Tour w/Sharon Levy. 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet leader Levy in the lobby for a 90-minute, rain-or-shine walk focusing on birds, wastewater treatment and/or Marsh history. Masks are required inside the building. Free. 826-2359.

River Life Foundation First Quarter Cleanup. 9 a.m. Redwood Village Shopping Center, 735 S Fortuna Blvd., Fortuna. Meet near McDonald's.

Tour of the Humboldt Coastal Lagoons. 9 a.m.-1 p.m. Big Lagoon County Park, Big Lagoon County Park Road, Trinidad. Join Redwood Region Audubon Society field trip leaders Gary Friedrichsen, Tom Lisle and Clare Golic for a birding/geological/botanical tour. Email reservations are required. Free. gary@jacobyecreek.net. www.rras.org/home.aspx.

Continued on next page »

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NCJ CALENDAR

Continued from previous page

Wigi Wetlands Volunteer Workday. 9-11 a.m. Wigi Wetlands, Behind the Bayshore Mall, Eureka. Help create bird-friendly native habitat and restore a section of the bay trail located behind the Bayshore Mall. Meet in the parking lot directly behind Walmart. Tools and packaged snacks provided. Please bring your own water, gloves and face mask. Free. jeremy.cashen@yahoo.com. www.rras.org/home.aspx. (214) 605-7368.

ETC

English Express: An English Language Class for Adults. Ongoing. Virtual World, Online. See Jan. 20 listing.

Open House-POSTPONED. Noon-6 p.m. The Redwood Riverwalk Hotel, 1859 Alamar Way, Fortuna. Eight featured artists, live music, food and drink. POSTPONED.

23 Sunday

ART

Online Art Fundraiser. 8 a.m. Virtual World, Online. See Jan. 20 listing.

FOOD

Food Not Bombs. 4 p.m. Arcata Plaza, Ninth and G streets. Free, hot food for everyone. Mostly vegan and organic and always delicious. Free.

ETC

English Express: An English Language Class for Adults. Ongoing. Virtual World, Online. See Jan. 20 listing.

24 Monday

ART

Online Art Fundraiser. 8 a.m. Virtual World, Online. See Jan. 20 listing.

"Stand Up and Be Counted". Brenda Tuxford Gallery, 525 Seventh St., Eureka. Visual art and poetry inspired by Muhammad Ali, a PBS documentary series directed by Ken Burns, Sarah Burns and David McMahon.

FOOD

Volunteer Orientation Food for People. 3:30-4:30 p.m. See Jan. 20 listing.

OUTDOORS

Mad River Steelhead Derby. Locations throughout Humboldt County. The Nor-Cal Guides & Sportsmen Association's annual competition. Cash and prizes awarded to the biggest hatchery steelhead caught through Feb. 28. Register online. \$40, \$25 youth 16 and under. www.madriversteelheadderby.com.

ETC

English Express: An English Language Class for Adults. Ongoing. Virtual World, Online. See Jan. 20 listing.

Tabata. 5:30-6:30 p.m. Virtual World, Online. See Jan. 21 listing.

25 Tuesday

ART

Online Art Fundraiser. 8 a.m. Virtual World, Online. See Jan. 20 listing.

FOR KIDS

MARZ Project. Noon-5 p.m. Virtual World, Online. See Jan. 20 listing.

Tuesday Storytime with Ms. Tamara. Virtual World,

Online. Posted every Tuesday on Arcata Library's Facebook page, www.facebook.com/HumCoLibraryArcata.

MEETINGS

Humboldt Cribbage Club Tournament. 6:15-9 p.m. Moose Lodge, 4328 Campton Road, Eureka. Weekly six-game cribbage tournament for experienced players. Inexperienced players may watch, learn and play on the side. Moose dinner available at 5:30 p.m. \$3-\$8. 31for14@gmail.com. 599-4605.

OUTDOORS

Naturalist Notes Webinar Series. 6-7 p.m. Virtual World, Online. Friends of the Dunes and local experts delve into stories of coastal ecology and conservation. For a full description of each webinar topic and to register, visit the Friends of the Dunes website. \$10 per webinar, \$40 whole series. www.friendsofthedunes.org/naturalistnotes.

ETC

English Express: An English Language Class for Adults. Ongoing. Virtual World, Online. See Jan. 20 listing.

Restorative Movement. 10:30-11:30 a.m. & 2-3 p.m. Virtual World, Online. See Jan. 20 listing.

26 Wednesday

ART

Online Art Fundraiser. 8 a.m. Virtual World, Online. See Jan. 20 listing.

BOOKS

On the Same Page Book Club. 5:30 p.m. Virtual World, Online. Online book club that meets on the first Wednesday of the month on Zoom. Sign up using the Google form at www.forms.gle/bAsjdQ7hKGqEgJk7.

FOR KIDS

MARZ Project. Noon-5 p.m. Virtual World, Online. See Jan. 20 listing.

GARDEN

Sea Goat Farm Garden Volunteer Opportunities. 10 a.m.-5 p.m. Abbey of the Redwoods, 1450 Hiller Road, McKinleyville. See Jan. 21 listing.

MEETINGS

Nordic Aquafarms Open Zoom Meeting. 12:30-1:30 p.m. An open Zoom meeting hosted by Nordic Aquafarms representatives. Learn more about the land-based aquafarm planned for the Samoa Peninsula and have your questions and concerns addressed. Meeting ID: 893 6198 7283, One tap mobile: +16699009128, 89361987283# US (San Jose); +13462487799, 89361987283# US (Houston). satkinssalazar@gmail.com. www.us02web.zoom.us/j/89361987283.

ETC

English Express: An English Language Class for Adults. Ongoing. Virtual World, Online. See Jan. 20 listing.

Tabata. 5:30-6:30 p.m. Virtual World, Online. See Jan. 21 listing.

Trivia Night. Every other Wednesday, 6-8 p.m. The Madrone Taphouse, 421 Third St., Eureka. Reel Genius Trivia hosts. Free. www.reelgeniustrivia.com.

27 Thursday

BOOKS

Beelzebub's Tales To His Grandson Radio Hour. 10-11 p.m. See Jan. 20 listing.

LECTURE

Fred Korematsu Day of Civil Liberties & the Constitu-

tion w/Keynote Stan Yogi. 3-4:30 p.m. Virtual World, Online. The coauthor of *Wherever There's a Fight: How Runaway Slaves, Suffragists, Immigrants, Strikers, and Poets Shaped Civil Liberties in California* and *Fred Korematsu Speaks Up* speaks. Get Zoom link online. Free. kw1@humboldt.edu. www.library.humboldt.edu/news/Korematsu2022. 826-5656.

SPOKEN WORD

The Writers Lounge via Zoom. 7:30 p.m. Virtual World, Online. See Jan. 20 listing.

FOR KIDS

MARZ Project. Noon-5 p.m. Virtual World, Online. See Jan. 20 listing.

FOOD

Volunteer Orientation Food for People. 3-4 p.m. See Jan. 20 listing.

MEETINGS

Ujima Parent Peer Support. 6:30-7:30 p.m. Virtual World, Online. See Jan. 20 listing.

Virtual Whiteness Accountability Space. Noon-1 p.m. Virtual World, Online. See Jan. 20 listing.

ETC

English Express: An English Language Class for Adults. Ongoing. Virtual World, Online. See Jan. 20 listing.

Restorative Movement. 10:30-11:30 a.m. & 2-3 p.m. Virtual World, Online. See Jan. 20 listing.

Heads Up ...

KMUD Community Radio seeks local filmmakers for their upcoming film festival March 13. Mendocino, Humboldt, Trinity and Del Norte County filmmakers of any genre can send clips, trailers, shorts and full-length features on a flash drive or hard copy to Lisa Luv c/o KMUD P.O. box 135 Redway, CA. 95560. For more information and to enter digitally, send a sharable file to FilmFest@KMUD.org. Deadline for submissions is Feb. 9.

The Seven Gill Shark Review, College of the Redwoods' literary magazine, is accepting submissions of original poetry, fiction and nonfiction through March 11. Entries should be emailed as attachments to jonathan-maiullo@redwoods.edu. For details email or visit www.redwoods.edu/events/poetswriters. For more information.

The city of Arcata seeks applicants for the Public Safety Committee. Applicants must live within Arcata city limits or live or work within the Arcata Planning Area. Committee applications may be emailed to bdo-ry@cityofarcata.org, faxed to 822-8018 or dropped off in the city manager's office at Arcata City Hall between 9 a.m. and 5 p.m. Monday through Friday. For more information, visit www.cityofarcata.org or call 822-5953.

The city of Arcata seeks applicants for the Economic Development Committee. Email applications to citymgr@cityofarcata.org, fax to 822-8081 or drop off in a sealed envelope labeled "City Manager's Office" at the City Hall drop boxes. For more information visit www.cityofarcata.org or call 822-5953.

The Humboldt-Del Norte County Medical Society's Humboldt-Del Norte PreMedical Education Task Force offers two \$1,000 Future Physician scholarships to students planning on attending medical school. Application at www.hafoundation.org/Grants-Scholarships/Scholarships-Apply-Now. ●

The Mouths of Babes

Licorice Pizza and *C'mon C'mon*

By John J. Bennet

screens@northcoastjournal.com

LICORICE PIZZA. Paul Thomas Anderson's latest probably deserves better treatment than I'm about to give it. Not because I dislike or intend to denigrate it. Rather, circumstances may have prevented the fullest possible experience: I saw it in a theater which, while not frightening or dangerous, was off-putting for its unfamiliarity. That and the fact that the world is still ending, more or less — there are distractions.

Perhaps more accurately, though, *Licorice Pizza* is a deceptively dense text, the work of a modern master, the humor and blitheness of which belie the complexity of its narrative and cinematic technique. While it is a joyful, exuberant experience with or without context, it would bear revisiting to address its myriad subtleties. For now, we'll settle for the broad strokes.

In the San Fernando Valley, 1973, Gary Valentine (Cooper Hoffman) falls for Alana Kane (Alana Haim). He, shockingly confident and charismatic, seems undeterred by her initial resistance to his advances — boilerplate screwball/romantic comedy stuff. Except that Gary is 15, Alana is 25 and she works for the photo-portrait company (hilariously called Tiny Toes) that has descended on his school for picture day. Further, Gary is a successful entrepreneur, having reinvested his earnings as an actor into a public relations firm managed by his mother, played with delightfully targeted vacancy by Mary Elizabeth Ellis. He's a charming weirdo and eventually his entreaties to meet for dinner win Alana over.

So begins a rambling, sexually charged but entirely platonic courtship/friendship/business partnership. Alana accompanies Gary to New York (as chaperone) for a promotional appearance on a television show, where she meets Lance (Skyler Gisondo), one of Gary's co-stars, with whom she has a brief dalliance. Gary's jealousy seethes and he, in turn, pursues a classmate. The back and forth escalates across the backdrop of their short-lived waterbed company, Gary's pinball emporium, the oil embargo, the fringes of Hollywood and an intense interaction with Jon Peters (Bradley Cooper), hair-stylist to the stars, bon vivant and then-paramour of Barbra Streisand. (Cooper gives perhaps

the most purely enjoyable comedic performance in recent memory)

To say there's a lot going on undersells the granular detail of the place and time Anderson and company have created (or recreated) here. The Valley we see on screen becomes an enveloping world unto itself, a seemingly unending sprawl of neighborhoods and shopping centers and glossy streets against which the constantly-surprising hijinx of Alana, Gary and his adolescent crew can play out.

While some of Anderson's later-period work has struck me as more esteemable than enjoyable, *Licorice Pizza* marries the languid, deceptively complex visual techniques and emotional arcs of movies like *Phantom Thread* (2017) and *The Master* (2012) with the cracked comic genius of *Punch-Drunk Love* (2002). This is screwball comedy of the highest order, a type of movie that really doesn't exist anymore because the coffer-keepers don't think audiences will respond and because few writers have the imagination, lexicon and wherewithal to pull it off.

Anderson does, and thankfully somebody ponied up to let him make it. R. 134M. BROADWAY, MINOR.

C'MON, C'MON. Despite their dangerous proximity to sentimentality, I've long relished the movies of Mike Mills. I was particularly struck by the uniquely even-handed sweetness of *Beginners* (2010). And even if I had a more difficult experience connecting to *20th Century Women* (2016), I still deeply appreciated the warmth of its aesthetic and its raw earnestness. There is a quality to Mills' storytelling — a discussion of its autobiographical qualities is probably best saved for another time — that enables him to explore the emotions of multiple generations with always-equivocal fairness and attention to detail: Kids have just as much to say as their grandparents and it is worthy of the same attention.

My reaction to *C'mon C'mon* may, it should be said, have something to do with the weekend I've just spent with my niece and nephew, who exhausted me with the exuberance while constantly amazing me with their insight, creativity and emotional intelligence. (I may as well mention that



How all my favorite outfits are going to look when I finally go back out on the town.

Licorice Pizza

I am a childless uncle, so can appreciate the attributes of these children without having done any of the back-breaking work of parenting. It probably colors the experience a little.)

Anyway, *C'mon C'mon* pairs radio journalist Johnny (Joaquin Phoenix) with his preternaturally precocious 9-year-old nephew Jesse (Woody Norman) while Jesse's mom (and Johnny's sister) Viv (Gaby Hoffman) cares for her struggling husband Paul (Scoot McNairy) during a bipolar breakdown. Johnny is continually challenged by Jesse, who, while still very much a troubled kid, also becomes something of a counselor and prober of Johnny's largely-unexamined inner life.

Shot in stunning black and white by director of photography Robbie Ryan, *C'mon C'mon* finds new ways to look at New York, Los Angeles, Detroit and New Orleans, but it also gives voice to the wisdom of youth (the narrative is intercut with Johnny's interviews with kids in the above-mentioned cities) with more care and respect that one could hope to expect.

Phoenix and Hoffman both give incredible, vulnerable, mature performances, but Norman threatens to out-act them every time he appears. R. 108M. STREAMING. ●

John J. Bennett (he/him) is a movie nerd who loves a good car chase.

NOW PLAYING

THE 355. Jessica Chastain, Fan Bingbing, Lupita Nyong'o, Penélope Cruz and Diane Kruger play a team of spies with Sebastian Stan as a Bond Boy. PG13. 124M. BROADWAY, MILL CREEK.

BELLE. Anime about a country girl who

finds stardom in a virtual world. PG. 121M. BROADWAY.

THE KING'S MAN. Ralph Fiennes and Gemma Arterton star in a retro action spy prequel. R. 131M. BROADWAY, FORTUNA.

THE KING'S DAUGHTER. Pierce Brosnan, Kaya Scodelario and Bingbing Fan in a historical fantasy with a mermaid at Versailles. PG. 90M. BROADWAY, FORTUNA, MILL CREEK.

MATRIX RESURRECTIONS. Keanu Reeves and Carrie-Anne Moss return hopefully to give me whatever pill will take me the hell out of here. R. 148M. BROADWAY.

NIGHTMARE ALLEY. King of horror-fantasy Guillermo del Toro creates a carnival experience we will all be afraid of, with Bradley Cooper, Toni Collette and Cate Blanchett. MINOR.

REDEEMING LOVE. Abigail Cowen and Tom Lewis star in a star-crossed, Old West love story about a sex worker trafficked since childhood. PG13. 134M. BROADWAY.

SCREAM. The horror franchise picks up 25 years later like a *Friends* reunion but stabbiier. With Courtney Cox, Neve Campbell and David Arquette. R. 120M. BROADWAY, FORTUNA, MILL CREEK, MINOR.

SING 2. The animated animal musical returns with the voices of Matthew McConaughey and Reese Witherspoon. PG. 112M. BROADWAY, FORTUNA, MILL CREEK.

SPIDER-MAN: NO WAY HOME. See what happens when you take your mask off? Starring Tom Holland and Zendaya. PG13. 148M. BROADWAY, FORTUNA, MILL CREEK, MINOR.

For showtimes call: Broadway Cinema 443-3456; Fortuna Theatre 725-2121; Mill Creek Cinema 839-3456; Minor Theatre 822-3456.



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NCJ FIELD NOTES

Make Friends, Live Longer

By Barry Evans

fieldnotes@northcoastjournal.com

"... more than 20 percent of the adult population in America admits to struggling with loneliness. That's more people than have diabetes in our country. That's more than adults that smoke"

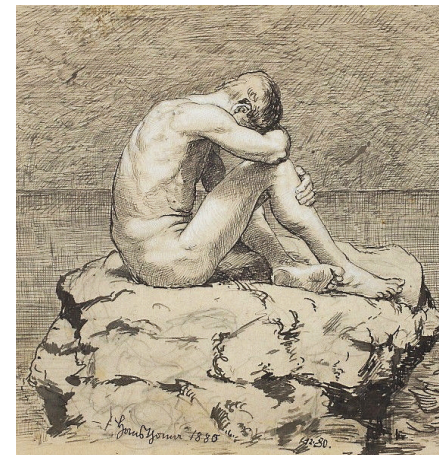
Former U.S. Surgeon General Vivek Murthy

As everyone knows, the best way to stay healthy and live to a ripe old age is to pick your parents well — it's all about good genes. After that, you're on the right track if you don't smoke, avoid alcoholism and obesity, skip red meat and take your Omega-3s. Everyone knows ... and everyone's wrong. The very best thing you can do for your health is to have happy relationships while avoiding social isolation and loneliness.

That's what a raft of studies concludes, some of which have been tracking literally millions of people from every walk of life for decades. Take the ongoing Harvard Study of Adult Development, begun in 1938, whose original participants included John F. Kennedy and longtime Washington Post editor Ben Bradlee. The study showed, for instance, that the role of genetics and long-lived ancestors was less important to longevity than one's level of satisfaction with relationships in midlife.

In 2015, fourth and current director of the study, Professor Robert Waldinger of the Harvard Medical School, gave a TED talk, "What Makes a Good Life? Lessons from the Longest Study on Happiness," that's been viewed more than 13 million times. "The people who were the most satisfied in their relationships at age 50 were the healthiest at age 80," he said. "When we gathered together everything we knew about them about at age 50, it wasn't their middle-age cholesterol levels that predicted how they were going to grow old." Waldinger's bottom line: "Loneliness kills. It's as powerful as smoking or alcoholism."

Another study, a meta-analysis published in 2015 by Brigham Young University researchers, confirmed the Harvard study.



"Loneliness" by German artist Hans Thoma, 1839-1924. Public domain

After examining the health records of over three million participants going back to 1980, they wrote, "Across studies that statistically controlled for a variety of possible confounds, the ... average effect sizes for social isolation ... loneliness ... and living alone [corresponded] to an average of 29percent, 26 percent and 32 percent increased likelihood of mortality, respectively."

It's not hard to see why isolation and loneliness have such a powerful effect on health. We're innately social creatures. Our hunter-gatherer ancestors lived in tribes and if you were separated from your tribe back then, you were at risk of starving or being eaten by a predator. Today, our Stone Age genes respond to loneliness and isolation by causing our bodies to enter a chronic stress state, causing inflammation that leads to high blood pressure, susceptibility to infection and poor immune functioning. Think heart attacks strokes, and vulnerability to viruses such as influenza and COVID-19.

Of course, we're don't all react the same. Some of us may be surrounded by many people but still feel alone, while others may simply isolate themselves, preferring their own company to that of other people. Oddly, though, the BYU study found the negative effect on longevity is about the same for those two scenarios.

One third of people older than 65 live alone and the situation isn't getting any better. As study co-author Tim Smith explained, "Not only are we at the highest recorded rate of living alone across the entire century, but we're at the highest recorded rates ever on the planet. With loneliness on the rise, we are predicting a possible loneliness epidemic in the future."

Barry Evans (he/him, barryevans9@yahoo.com) is happy to discuss the "Friend-A-Day" program he created for himself following his painful divorce nearly 50 years ago.

WORKSHOPS & CLASSES

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DRAWING FROM POETRY WITH LINDSAY KESSNER. Participants will be guided through a set of prompts and exercises to create pencil and pastel drawings. Hyflex: choice of in-person or online. Wed., Feb. 2 & 9 from 2-3:30 p.m. OLLI members \$45 Sign up today! 826-5880 or www.humboldt.edu/olli

OLLI ONLINE: AMERICAN HERO: TEMPLE GRANDIN WITH MOLLY CATE. Celebrate the achievements of autistic advocate Temple Grandin, author of numerous books to help other autistic people and their families find dignity and help. Thurs., Feb. 3 from 10 a.m.-12 p.m. OLLI members \$25 Sign up today! 826-5880 or www.humboldt.edu/olli

OLLI ONLINE: CONSPIRACY STUDIES: THE LAST JFK FILES WITH STEVEN SAINT THOMAS. Explore why classified information is still missing and use investigative journalism techniques in a search for the truth about this controversial tragedy. Thurs., Feb. 3 from 1-3 p.m. OLLI members \$30 Sign up today! 826-5880 or www.humboldt.edu/olli

OLLI ONLINE: HOME SELLING SEMINAR WITH PHIL LAZZAR. Learn all you need to know to sell your home in today's hot seller's market. Wed., Feb. 2 from 3-4:30 p.m. OLLI members \$20 Sign up today! 826-5880 or www.humboldt.edu/olli

OLLI ONLINE: STRESS LESS WITH LARISSA HUL-GALASEK. Learn more about how stress impacts our nervous system, health and emotional well-being. Sat., Feb. 5 from 1-3 p.m. OLLI members \$50 Sign up today! 826-5880 or www.humboldt.edu/olli

Spiritual

EVOLUTIONARY TAROT Ongoing Zoom classes, private mentorships and readings. Carolyn Ayres. 442-4240 www.tarotofbecoming.com carolyn@tarotofbecoming.com (S-1229)

SOTO ZEN MEDITATION Sunday programs and weekday meditation in Arcata locations; Wed evenings in Eureka, arcatazengroup.org Beginners welcome, call for orientation. (707) 826-1701 (S-1229)

Therapy & Support

ALCOHOLICS ANONYMOUS. We can help 24/7, call toll free 1-844 442-0711. (T-1229)

SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS? Confidential help is available. 707-499-0205, saahumboldt@yahoo.com (T-1229)

SMARTRECOVERY.ORG CALL 267 7868

Vocational

ADDITIONAL ONLINE CLASSES College of the Redwoods Community Education and Ed2GO have partnered to offer a variety of short term and career courses in an online format. Visit <https://www.ed2go.com/crwc/SearchResults.aspx?Sort=Relevance&MaxResultCount=10>

FREE COMPUTER SKILLS CLASS visit <https://www.redwoods.edu/adulted> or call College of the Redwoods at 707-476-4500 for more information and to register. (V-0505)

FREE ENGLISH AS A SECOND LANGUAGE CLASS visit <https://www.redwoods.edu/adulted> or call College of the Redwoods at 707-476-4500 for more information and to register. (V-0505)

FREE HIGH SCHOOL DIPLOMA HISET PREPARATION visit <https://www.redwoods.edu/adulted> or call College of the Redwoods at 707-476-4500 for more information and to register. (V-0505)

FREE LIVING SKILLS FOR ADULTS WITH DISABILITIES CLASSES visit <https://www.redwoods.edu/adulted> or call College of the Redwoods at 707-476-4500 for more information and to register. (V-0505)

FREE WORK READINESS CLASSES visit <https://www.redwoods.edu/adulted> or call College of the Redwoods at 707-476-4500 for more information and to register. (V-0217)

INCIDENT SAFETY AWARENESS FOR HIRED VENDORS (FIRE SAFETY) Feb. - April Call College of the Redwoods Community Education at (707) 476-4500.

MEDICAL ASSISTING CERTIFICATION REVIEW COURSE 2/22/22 - 4/21/22 Call College of the Redwoods Community Education at (707) 476-4500.

SERVSAFE MANAGER CERTIFICATION 3/2/22 Call College of the Redwoods Community Education at (707) 476-4500.

MEDICAL BILLING AND CODING SPECIALIST INFORMATIONAL MEETINGS 3/5/22 or 3/10/22 Call College of the Redwoods Community Education at (707) 476-4500.

PHARMACY TECHNICIAN INFORMATIONAL MEETINGS 3/19/22 or 3/22/22 Call College of the Redwoods Community Education at (707) 476-4500.

STAINED GLASS CLASS 3/12/22 - 4/2/22 Call College of the Redwoods Community Education at (707) 476-4500.

TRUCK DRIVING INFORMATIONAL MEETINGS 2/23, 2/28, or 3/2 Call College of the Redwoods Community Education at (707) 476-4500.

WILDLAND FIRE SCHOOL 3/14 - 3/18 Call College of the Redwoods Community Education at (707) 476-4500.

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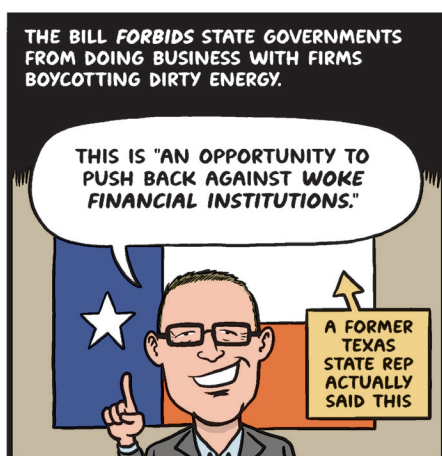
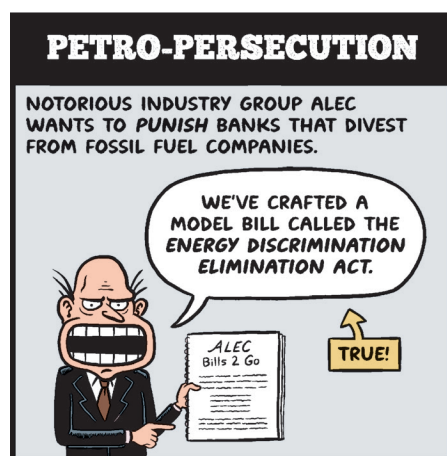
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NOTICE OF PETITION TO ADMINISTER ESTATE OF KAREN JOY CASE NO. PR2200008

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of KAREN JOY

A PETITION FOR PROBATE has been filed by Petitioner MICHAEL JOY In the Superior Court of California, County of Humboldt. The petition for probate requests that MICHAEL JOY be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on February 17, 2022 at 1:31 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 6, Room: 6

For information on how to appear remotely for your hearing, please visit <https://www.humboldt.courts.ca.gov/>

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for

Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. ATTORNEY FOR PETITIONER: Jennifer M. O'Brien NEARY and O'BRIEN 110 S Main St., Ste. C Willits, CA 95490 (707) 459-5551 Filed: January 12, 2022 SUPERIOR COURT OF CALIFORNIA COUNTY OF HUMBOLDT 1/20, 1/27, 2/3 (22-040)

NOTICE OF PETITION TO ADMINISTER ESTATE OF BEE ANNE GATES CASE NO. PR2200014

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of BEE ANNE GATES A PETITION FOR PROBATE has been filed by Petitioner KIMBERLY HOLLAND In the Superior Court of California, County of Humboldt. The petition for probate requests that KIMBERLY HOLLAND be appointed as personal representative to administer the estate of the decedent. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on February 10, 2022 at 1:31 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 6, Room: 6

For information on how to appear remotely for your hearing, please visit <https://www.humboldt.courts.ca.gov/>

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a

general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law. YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk. ATTORNEY FOR PETITIONER: Jocelyn M. Godinho Law Office of Hjerpe & Godinho, LLP 350 E Street, 1st Floor Eureka, CA. 95501 (707) 442-7262 Filed: January 12, 2022 SUPERIOR COURT OF CALIFORNIA COUNTY OF HUMBOLDT

1/20, 1/27, 2/3 (22-038)

PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE

On July 23rd, 2020, Agents from the Humboldt County Sheriff's Office seized property for forfeiture in connection with controlled substance violations, to wit, Section 11358 of the Health and Safety Code of California from Highway 36 in Dinsmore, California. The seized property is described as: \$4,528.00 in US currency and Control Number 21-F-43 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

If your claim is not timely filed, the Humboldt County District Attorney will declare the property described in this notice to be forfeited to the State and it will be disposed of as provided in Health and Safety Code Section 11489.

1/13, 1/20, 1/27 (22-007)

PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE

On April 27th, 2021, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11352 of the Health and Safety Code of California from N Street in Eureka, California. The seized property is described as: \$9,055.00 in US currency and Control Number 21-F-26 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

1/13, 1/20, 1/27 (22-013)

PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE

On December 8th, 2021, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11351 of the Health and Safety Code of California from Cannibal Island Road in Loleta, California. The seized property is described as: \$4,129.00 in US currency and Control Number 21-F-53 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

1/13, 1/20, 1/27 (22-016)

PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE

On July 7th, 2021, Agents from the Humboldt County Sheriff's Office seized property for forfeiture in connection with controlled substance violations, to wit, Section 11359 of the Health and Safety Code of California from Walnut Creek, California. The seized property is described as: \$5,837.00 in US currency, \$905.00 in European Currency and Control Number 21-F-35 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

1/13, 1/20, 1/27 (22-009)

PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE

On November 24th, 2021, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11351 of the Health and Safety Code of California from Hwy 101 @ Piercy, California. The seized property is described as: \$10,051.00 in US currency and Control Number 21-F-51 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

1/13, 1/20, 1/27 (22-014)

PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE

On October 26th, 2021, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11351 of the Health and Safety Code of California from Greenwood Heights Drive in Eureka, California. The seized property is described as: \$5,811.00 in US currency and Control Number 21-F-52 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

1/13, 1/20, 1/27 (22-015)

PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE

On October 5th, 2021, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11359 of the Health and Safety Code of California from Sprowl Creek Road in Garberville, California. The seized property is described as: \$17,594.00 in US currency and Control Number 21-F-45 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

1/13, 1/20, 1/27 (22-011)

PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE

On October 8th, 2021, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11359 of the Health and Safety Code of California from N Street in Eureka, California. The seized property is described as: \$19,438.00 in US currency and Control Number 21-F-46 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

1/13, 1/20, 1/27 (22-012)

PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE

On June 23rd, 2021, Agents from the Humboldt County Sheriff's Office seized property for forfeiture in connection with controlled substance violations, to wit, Section 11359 of the Health and Safety Code of California from Willow Creek, California. The seized property is described as: \$11,000.00 in US currency and Control Number 21-F-34 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

1/13, 1/20, 1/27 (22-008)

PUBLISHED NOTICE OF SEIZURE AND NON-JUDICIAL FORFEITURE

On October 14th, 2021, Agents from the Humboldt County Drug Task Force seized property for forfeiture in connection with controlled substance violations, to wit, Section 11379 of the Health and Safety Code of California from Grizzly Bluff Road in Ferndale, California. The seized property is described as: \$4,100.00 in US currency and Control Number 21-F-44 has been assigned to this case. Use this number to identify the property in any correspondence with the Office of the Humboldt County District Attorney.

1/13, 1/20, 1/27 (22-010)

FICTITIOUS BUSINESS NAME STATEMENT 21-00786

The following person is doing Business as **REDWOOD ACRES FLEA MARKET** Humboldt 4988 Crane Street Eureka, CA 95503

Dwayne Quella
4988 Crane Street
Eureka, CA 95503

The business is conducted by an Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable. I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Dwayne Quella, Owner This December 8, 2021 KELLY E. SANDERS by sc, Humboldt County Clerk

1/6, 1/13, 1/20, 1/27 (22-004)

FICTITIOUS BUSINESS NAME STATEMENT 21-00814

The following person is doing Business as **LOCO LOAN SIGNINGS/LOST COAST REAL ESTATE SERVICES** Humboldt 576 Main St Fortuna, CA 95540

Sharleigh Nevers
576 Main St
Fortuna, CA 95540

The business is conducted by an Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable. I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Sharleigh Nevers, Owner This December 30, 2021 KELLY E. SANDERS by sc, Humboldt County Clerk

1/6 1/13, 1/20, 1/27 (22-002)

FICTITIOUS BUSINESS NAME STATEMENT 22-00020

The following person is doing Business as **BAYSIDE INN & SUITES** Humboldt 1209 4th Street Eureka, CA 95501

Jai Dhanlaxmi Inc
CA 3883380
933 4th Street
Eureka, CA 95501

The business is conducted by a Corporation.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Magan L Natha, Secretary
This January 7, 2021
KELLY E. SANDERS
by tn, Humboldt County Clerk

1/13, 1/20, 1/27 (22-19)

FICTITIOUS BUSINESS NAME STATEMENT 22-00001

The following person is doing Business as
NORTH COAST LAUNDRIES
Humboldt
128 Grange Rd
Eureka, CA 95503

Lola M Moore
128 Grange Rd
Eureka, CA 95503

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on 2011.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Lola M Moore
This January 3, 2021
KELLY E. SANDERS
by sc, Humboldt County Clerk

1/6 1/13, 1/20, 1/27 (22-005)

FICTITIOUS BUSINESS NAME STATEMENT 22-00007

The following person is doing Business as
PINERO STUDIO
Humboldt
2845 Waddington Road
Ferndale, CA 95536

Sheila Coppini
2845 Waddington Road
Ferndale, CA 95536

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine

not to exceed one thousand dollars (\$1,000).
/s Sheila B Coppini, Owner
This January 4, 2021
KELLY E. SANDERS
by tn, Humboldt County Clerk

1/13, 1/20, 1/27, 2/3 (22-036)

FICTITIOUS BUSINESS NAME STATEMENT 21-00784

The following person is doing Business as
VIAJE Y VIDA
Humboldt
1151 Villa Way
Arcata, CA 95521

PO Box 670
Arcata, CA 95518

Marco E Zuleta Araya
1151 Villa Way
Arcata, CA 95521

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on June 15, 2015.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Marco E Zuleta Araya, Owner
This December 7, 2021
KELLY E. SANDERS
by jc, Humboldt County Clerk

1/6 1/13, 1/20, 1/27 (22-001)

FICTITIOUS BUSINESS NAME STATEMENT 21-00807

The following person is doing Business as
DIVINE BALANCE
Humboldt
432 Maple Lane
Garberville, CA 95542

PO Box 1044
Redway, CA 95560

Melina Volz
312 Shirley Blvd
Arcata, CA 95521

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on December 27, 2021.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Melina Volz, Owner
This December 27, 2021
KELLY E. SANDERS
by kt, Humboldt County Clerk

12/30, 1/6 1/13, 1/20 (21-454)

FICTITIOUS BUSINESS NAME STATEMENT 22-00014

The following person is doing Business as
RANGOWRAPZ
Humboldt
3579 Rhonerville Rd
Fortuna, CA 95540

4007 Baird Ct
Fortuna, CA 95540

Oscar R Ramirez
4007 Baird Rd
Fortuna, CA 95540

The business is conducted by an Individual.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Oscar R Ramirez, Owner
This January 6, 2021
KELLY E. SANDERS
by kt, Humboldt County Clerk

1/13, 1/20, 1/27 (22-18)

FICTITIOUS BUSINESS NAME STATEMENT 22-00022

The following person is doing Business as
CHIC!
Humboldt
1102 5th Street
Eureka, CA 95501

Bryan P Sanderson
46 Rosemary Ave
Ferndale, CA 95536

Melinda A Sanderson
46 Rosemary Ave
Ferndale, CA 95536

The business is conducted by a Copartners.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Bryan P Sanderson, Co-Owner
This January 10, 2021
KELLY E. SANDERS
by sc, Humboldt County Clerk

1/13, 1/20, 1/27, 2/3 (22-020)

FICTITIOUS BUSINESS NAME STATEMENT 22-00027

The following person is doing Business as
PERINATAL SERVICES OF NORTH-COUNTRY CLINIC/NORTH-COUNTRY PRENATAL SERVICES

Humboldt
3800 Janes Rd Suite 101
Arcata, CA 95521

1275 8th Street
Arcata, CA 95521

Open Door Community Health Centers
CA 0615813
1275 8th Street
Arcata, CA 95521

The business is conducted by a Corporation.
The date registrant commenced to transact business under the fictitious business name or name listed above on December 1, 2010.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Stacy Watkins, Vice President of Administration
This January 10, 2021
KELLY E. SANDERS
by tn, Humboldt County Clerk

1/13, 1/20, 1/27, 2/3 (22-023)

FICTITIOUS BUSINESS NAME STATEMENT 22-00026

The following person is doing Business as
EUREKA COMMUNITY HEALTH CENTER
Humboldt
2200 Tydd Street
Eureka, CA 95501

1275 8th Street
Arcata, CA 95521

Open Door Community Health Centers
CA 0615813
1275 8th Street
Arcata, CA 95521

The business is conducted by a Corporation.
The date registrant commenced to transact business under the fictitious business name or name listed above on March 1, 1991.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Stacy Watkins, Vice President of Administration
This January 10, 2021
KELLY E. SANDERS
by tn, Humboldt County Clerk

1/13, 1/20, 1/27, 2/3 (22-022)

FICTITIOUS BUSINESS NAME STATEMENT 22-00028

The following person is doing Business as
SAMOA PENINSULA HEALTH CENTER

Humboldt
26 Samoa Coast Lane
Samoa, CA 95564

1275 8th Street
Arcata, CA 95521

Open Door Community Health Centers
CA 0615813
1275 8th Street
Arcata, CA 95521

The business is conducted by a Corporation.
The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Stacy Watkins, Vice President of Administration
This January 10, 2021
KELLY E. SANDERS
by tn, Humboldt County Clerk

1/13, 1/20, 1/27, 2/3 (22-024)

FICTITIOUS BUSINESS NAME STATEMENT 22-00029

The following person is doing Business as
TELEHEALTH AND VISITING SPECIALIST CENTER
Humboldt
2426 Buhne Street
Eureka, CA 95501

1275 8th Street
Arcata, CA 95521

Open Door Community Health Centers
CA 0615813
1275 8th Street
Arcata, CA 95521

The business is conducted by a Corporation.
The date registrant commenced to transact business under the fictitious business name or name listed above on September 1, 2005.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Stacy Watkins, Vice President of Administration
This January 10, 2021
KELLY E. SANDERS
by tn, Humboldt County Clerk

1/13, 1/20, 1/27, 2/3 (22-025)

FICTITIOUS BUSINESS NAME STATEMENT 22-00030

The following person is doing Business as
WILLOW CREEK COMMUNITY HEALTH CENTER

Humboldt
38883 Highway 299
Willow Creek, CA 95573

1275 8th Street
Arcata, CA 95521

Open Door Community Health Centers
CA 0615813
1275 8th Street
Arcata, CA 95521

The business is conducted by a Corporation.
The date registrant commenced to transact business under the fictitious business name or name listed above on December 1, 2008.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Stacy Watkins, Vice President of Administration
This January 10, 2021
KELLY E. SANDERS
by tn, Humboldt County Clerk

1/13, 1/20, 1/27, 2/3 (22-026)

FICTITIOUS BUSINESS NAME STATEMENT 22-00031

The following person is doing Business as
NORTHCOUNTRY CLINIC
Humboldt
785 18th Street
Arcata, CA 95521

1275 8th Street
Arcata, CA 95521

Open Door Community Health Centers
CA 0615813
1275 8th Street
Arcata, CA 95521

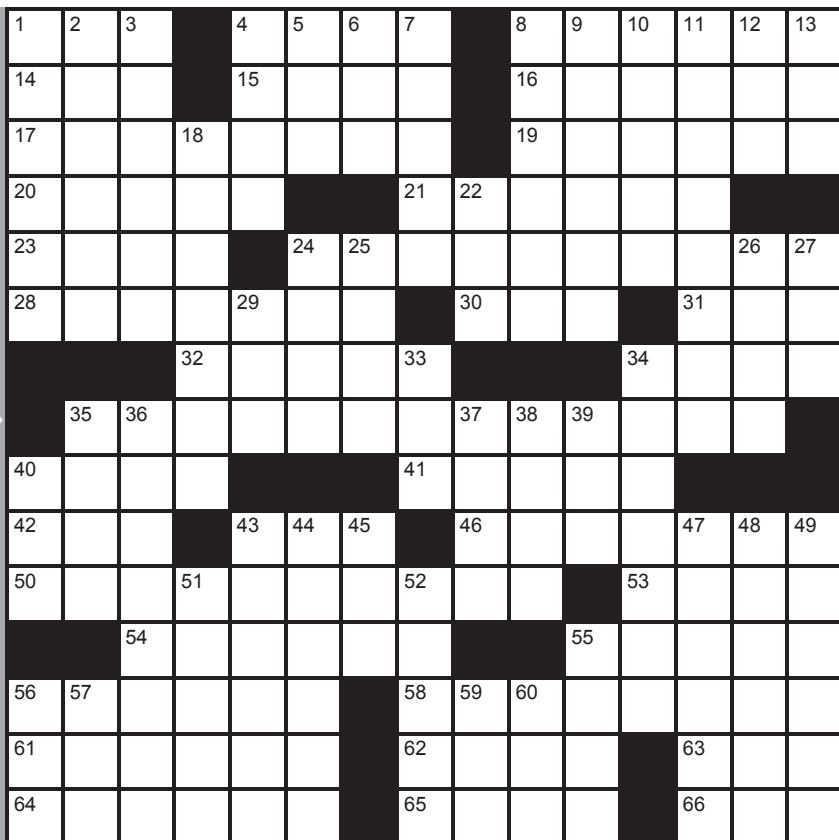
The business is conducted by a Corporation.
The date registrant commenced to transact business under the fictitious business name or name listed above on September 1, 2005.
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Stacy Watkins, Vice President of Administration
This January 10, 2021
KELLY E. SANDERS
by tn, Humboldt County Clerk

1/13, 1/20, 1/27, 2/3 (22-027)

FICTITIOUS BUSINESS NAME STATEMENT 22-00032

The following person is doing Business as
MCKINLEYVILLE COMMUNITY HEALTH CENTER
Humboldt

LEGAL NOTICES					
<p>1644 Central Ave McKinleyville, CA 95519</p> <p>1275 8th Street Arcata, CA 95521</p> <p>Open Door Community Health Centers CA 0615813 1275 8th Street Arcata, CA 95521</p> <p>The business is conducted by a Corporation. The date registrant commenced to transact business under the fictitious business name or name listed above on April 1, 1998. I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Stacy Watkins, Vice President of Administration This January 10, 2021 KELLY E. SANDERS by tn, Humboldt County Clerk</p> <p>1/13, 1/20, 1/27, 2/3 (22-028)</p> <p>FICTITIOUS BUSINESS NAME STATEMENT 22-00033</p> <p>The following person is doing Business as FERNDALE COMMUNITY HEALTH CENTER Humboldt 638 Main St Ferndale, CA 95536</p> <p>1275 8th Street Arcata, CA 95521</p> <p>Open Door Community Health Centers CA 0615813 1275 8th Street Arcata, CA 95521</p> <p>The business is conducted by a Corporation. The date registrant commenced to transact business under the fictitious business name or name listed above on August 26, 2014. I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Stacy Watkins, Vice President of Administration This January 10, 2021 KELLY E. SANDERS by tn, Humboldt County Clerk</p> <p>1/13, 1/20, 1/27, 2/3 (22-029)</p> <p>FICTITIOUS BUSINESS NAME STATEMENT 22-00034</p> <p>The following person is doing Business as REDWOOD COMMUNITY HEALTH CENTER Humboldt</p>	<p>2350 Buhne Street Suite A & C Eureka, CA 95501</p> <p>1275 8th Street Arcata, CA 95521</p> <p>Open Door Community Health Centers CA 0615813 1275 8th Street Arcata, CA 95521</p> <p>The business is conducted by a Corporation. The date registrant commenced to transact business under the fictitious business name or name listed above on December 31, 2016. I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Stacy Watkins, Vice President of Administration This January 10, 2021 KELLY E. SANDERS by tn, Humboldt County Clerk</p> <p>1/13, 1/20, 1/27, 2/3 (22-030)</p> <p>FICTITIOUS BUSINESS NAME STATEMENT 22-00035</p> <p>The following person is doing Business as OPEN DOOR GYNECOLOGY SERVICES Humboldt 3770 Janes Road Arcata, CA 95521</p> <p>1275 8th Street Arcata, CA 95521</p> <p>Open Door Community Health Centers CA 0615813 1275 8th Street Arcata, CA 95521</p> <p>The business is conducted by a Corporation. The date registrant commenced to transact business under the fictitious business name or name listed above on March 19, 2020. I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Stacy Watkins, Vice President of Administration This January 10, 2021 KELLY E. SANDERS by tn, Humboldt County Clerk</p> <p>1/13, 1/20, 1/27, 2/3 (22-031)</p> <p>FICTITIOUS BUSINESS NAME STATEMENT 22-00036</p> <p>The following person is doing Business as OPEN DOOR DOWNTOWN Humboldt 622 H Street</p>	<p>Eureka, CA 95501</p> <p>1275 8th Street Arcata, CA 95521</p> <p>Open Door Community Health Centers CA 0615813 1275 8th Street Arcata, CA 95521</p> <p>The business is conducted by a Corporation. The date registrant commenced to transact business under the fictitious business name or name listed above on August 3, 2020. I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Stacy Watkins, Vice President of Administration This January 10, 2021 KELLY E. SANDERS by tn, Humboldt County Clerk</p> <p>1/13, 1/20, 1/27, 2/3 (22-032)</p> <p>FICTITIOUS BUSINESS NAME STATEMENT 22-00037</p> <p>The following person is doing Business as FORTUNA COMMUNITY HEALTH CENTER Humboldt 3750 Rohnerville Rd Fortuna, CA 95540</p> <p>1275 8th Street Arcata, CA 95521</p> <p>Open Door Community Health Centers CA 0615813 1275 8th Street Arcata, CA 95521</p> <p>The business is conducted by a Corporation. The date registrant commenced to transact business under the fictitious business name or name listed above on August 26, 2014 I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Stacy Watkins, Vice President of Administration This January 10, 2021 KELLY E. SANDERS by tn, Humboldt County Clerk</p> <p>1/13, 1/20, 1/27, 2/3 (22-033)</p> <p>FICTITIOUS BUSINESS NAME STATEMENT 22-00038</p> <p>The following person is doing Business as HUMBOLDT OPEN DOOR Humboldt 770 10th Street Arcata, CA 95521</p>	<p>1275 8th Street Arcata, CA 95521</p> <p>Open Door Community Health Centers CA 0615813 1275 8th Street Arcata, CA 95521</p> <p>The business is conducted by a Corporation. The date registrant commenced to transact business under the fictitious business name or name listed above on January 1, 1971. I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Stacy Watkins, Vice President of Administration This January 10, 2021 KELLY E. SANDERS by tn, Humboldt County Clerk</p> <p>1/13, 1/20, 1/27, 2/3 (22-034)</p> <p>FICTITIOUS BUSINESS NAME STATEMENT 22-00046</p> <p>The following person is doing Business as ROOT TO RISE HOLISTICS Humboldt 1532 Fay Ave Samoa, CA 95564</p> <p>Aubree M Kozie 1532 Fay Ave Samoa, CA 95564</p> <p>The business is conducted by an Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on February 1, 2019. I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Aubree Kozie, Owner This January 13, 2021 KELLY E. SANDERS by tn, Humboldt County Clerk</p> <p>1/20, 1/27, 2/3 2/10 (22-039)</p> <p>FICTITIOUS BUSINESS NAME STATEMENT 22-00047</p> <p>The following person is doing Business as Hemp The Earth</p> <p>Humboldt 3360 Covey Ct. Fortuna, CA 95540</p> <p>Robert S Maloy 3360 Covey Ct. Fortuna, CA 95540</p> <p>The business is conducted by an Individual. The date registrant commenced to</p>	<p>transact business under the fictitious business name or name listed above on Not Applicable. I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Robert Maloy, Owner This June 11, 2021 KELLY E. SANDERS by In, Humboldt County Clerk</p> <p>1/20, 1/27, 2/3, 2/10 (22-041)</p> <p>FICTITIOUS BUSINESS NAME STATEMENT 22-00039</p> <p>The following person is doing Business as BURRE DENTAL CENTER Humboldt 959 Myrtle Ave Eureka, CA 95501</p> <p>1275 8th Street Arcata, CA 95521</p> <p>Open Door Community Health Centers CA 0615813 1275 8th Street Arcata, CA 95521</p> <p>The business is conducted by a Corporation. The date registrant commenced to transact business under the fictitious business name or name listed above on September 1, 2002. I declare that all information in this statement is true and correct. A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000). /s Stacy Watkins, Vice President of Administration This January 10, 2021 KELLY E. SANDERS by tn, Humboldt County Clerk</p> <p>1/13, 1/20, 1/27, 2/3 (22-035)</p> <p>ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NUMBER: CV2101829 SUPERIOR COURT OF CALIFORNIA, COUNTY OF HUMBOLDT 825 FIFTH ST. EUREKA, CA. 95501</p> <p>PETITION OF: ABBEY ERVIN for a decree changing names as follows: Present name ABBEY ROSE ERVIN to Proposed Name ABBEY ROSE THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that</p>	<p>includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING Date: February 18, 2022 Time: 1:45 p.m., Dept. 4 For information on how to appear remotely for your hearing, please visit https://www.humboldt.courts.ca.gov/ Date: December 27, 2021 Filed: December 28, 2021 /s/ Kelly L. Neel Judge of the Superior Court</p> <p>1/13, 1/20, 1/27, 2/3 (22-017)</p> <p>ORDER TO SHOW CAUSE FOR CHANGE OF NAME CASE NUMBER: CV2200031 SUPERIOR COURT OF CALIFORNIA, COUNTY OF HUMBOLDT 825 FIFTH ST. EUREKA, CA. 95501</p> <p>PETITION OF: KANDI LYNN HOLLAND for a decree changing names as follows: Present name KANDI LYNN HOLLAND to Proposed Name KANDI LYNN ANDERSEN THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing. NOTICE OF HEARING Date: February 25, 2022 Time: 1:45 p.m., Dept. 4 For information on how to appear remotely for your hearing, please visit https://www.humboldt.courts.ca.gov/ Date: January 10, 2021 Filed: January 10, 2021 /s/ Kelly L. Neel Judge of the Superior Court</p> <p>1/13, 1/20, 1/27, 2/3 (22-037)</p> <p>LEGALS?</p> <p>County Public Notices Fictitious Business Petition to Administer Estate Trustee Sale Other Public Notices</p> <p>classified@northcoastjournal.com</p> <p>442-1400 x314</p>



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EITHER OR

ANSWERS NEXT WEEK!

ACROSS

1. Morning hrs.
4. Estate beneficiary
8. Brief summary
14. ___ vivat
15. "Othello" villain
16. Meal
17. Hemingway's "A Clean, Well-Lighted Place," e.g.
19. "Excuse me, but ..."
20. Musician known for working with a Hall of fame
21. Generate, as suspicion
23. KOA patron
24. They're often broken at the Olympics
28. Bonnie of "Presumed Innocent"
30. Not feel so good
31. Lubricate
32. ___ voce (quietly)
34. Clever tactic

35. Animated TV character who is the daughter of Elena and Cole Márquez
40. "___ you're told!"
41. Take another swing at
42. Photo lab request: Abbr.
43. Cornfield call
46. Ones who cry uncle?
50. It's practiced by some John Grisham characters
53. Skip past
54. [Look what I got away with!]
55. Coeur d' ___, Idaho
56. Prepare, as a pot roast
58. Choice words ... and what to look for when figuring out how to solve

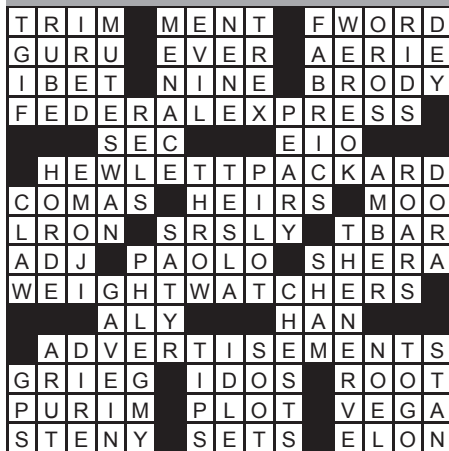
- 17-, 24-, 35- and 50-Across
61. "The Big Chill" director
62. Longtime host of "Germany's Next Topmodel"
63. Rev, as an engine
64. Says "@#%!"
65. ___-Ball (arcade game)
66. Uranians, e.g.

DOWN

1. Soak up
2. Native Arizonan
3. Grunted like a pig
4. Sound from an overheated car
5. Take sides?
6. Composer
7. Word with family or flush
8. A ___ (based on logic)
9. Make a pit stop, say

10. Protestant denom.
11. Stan Lee appearance, often
12. "God ___ Woman" (Ariana Grande hit)
13. Dump
18. Santa ___ (Arizona mountains)
22. Nutritional guideline, in brief
24. What "w/" means
25. Speak from a podium, say
26. Chanel rival
27. Foxy
29. Tract of land
33. "___ the ramparts ..."
34. Ship's window
35. GoFundMe contributor
36. Nursing is a key component of it
37. Warrior princess played by Lucy Lawless
38. "That was close!"
39. Place to apply ChapStick
40. Solstice mo.
43. Type of salad
44. Where Socrates lived
45. Lilliputian
47. Come out of hiding
48. Prevail
49. Backs of yachts
51. Food brand named for two neighboring states
52. They go with potatoes in soup
55. Sighed lament
56. Barnes & Noble's NYSE symbol, aptly
57. Uncooked
59. Kind
60. Day when MLB's All-Star Game is played each year: Abbr.

LAST WEEK'S ANSWERS TO ADS

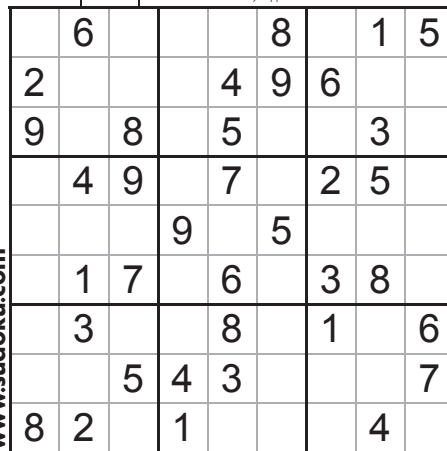


su | do | ku

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VERY EASY #38

www.sudoku.com



EMPLOYMENT

Continued on next page »

Opportunities

ESSENTIAL CAREGIVERS
Needed to help Elderly
Visiting Angels
707-442-8001



ADMINISTRATIVE COORDINATOR

Part Time with option to combine with other openings to create Full Time

Read full job posting at tinyurl.com/46zvsdzh



FUNDRAISING COORDINATOR

Part Time with option to combine with other openings to create Full Time

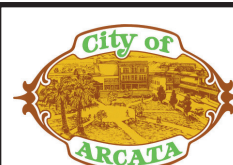
View full posting at tinyurl.com/2p98smwj



BOOKKEEPER

Part Time with option to combine with other openings to create Full Time

View full job posting at tinyurl.com/2p93vrts



BUS DRIVER TRAINEE

Operates bus or other passenger vehicle through set routes; sells tickets, collects money, provides scheduling & fare information, responds to customer inquiries & complaints.
<https://www.cityofarcata.org/>

EXCITING FULL & PART-TIME
POSITIONS NOW AVAILABLE!



ENTRY LEVEL POSITIONS
STARTING AT \$17 / HR

**\$500
HIRING BONUS!**

CASINO
Bonus Pit Dealer

HOTEL
Facilities Shift Supervisor

FOOD & BEVERAGE
Banquet Manager
Bar Supervisor
Kitchen Supervisor
Line Cook I (full/part time)
Line Cook II
Event Technician
Restaurant Supervisor

MARKETING
Marketing Supervisor
Player Development Host

Visit the "JOIN OUR TEAM" section
on our website to apply!

BEARRIVERCASINO.COM

BEAR RIVER
CASINO RESORT



CITY OF FORTUNA COMMUNITY SERVICES OFFICER

FIELD CSO, PART-TIME,
\$18.17 TO \$22.11 PER HOUR

Under general supervision of a Police Sergeant and on-duty Watch Commander, performs routine supportive police duties, such as parking enforcement, animal control, receptionist tasks, evidence tracking, minor reports and other related work as required within assigned department. Must be at least 18 and have a current CDL. Full job description and required application available at City of Fortuna, 621 11th Street, 725-7600 or www.friendlyfortuna.com.

Open Until Filled



Redwoods Rural Health Center is expanding and we need additional, energized staff to join our **Team of Essential Workers!**

We are looking for people with exceptional **customer service skills** for the following positions. **Spanish-speaking** abilities preferred.

- **Medical Front Desk**
- **Dental Call Center**
- **Medical Records**
- **Referral Coordinator**
- **Medical Assistant (CMA preferred)**
- **Dental Assistant (RDA preferred)**
- **Controller**
- **Register Dental Hygienist**
- **Cal-fresh Grant Coordinator**
- **IBHS case Mgmt.**
- **Dentist**

We offer training opportunities for promising candidates and provide excellent pay and benefits. To apply or for more information, call Nancy at **707-923-2783 ext. 243** or email nsullivan@rrhc.org.

***Licensed Provider Positions Available:**

Bring your current clientele or build one with us!
See our website for more information
– www.rrhc.org.



NATURAL RESOURCES COORDINATOR The Humboldt Bay Harbor, Recreation and Conservation District is Hiring.
Job Duties include: Implementing the Humboldt Bay Management Plan; Grant Writing and Implementation; CEQA Environmental Documentation, Preparation and Compliance; and Habitat Restoration. www.humboldtby.org/jobs



City of Arcata BUILDING INSPECTOR I/II

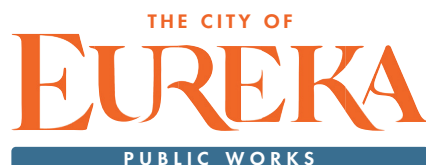
\$49,187.39–\$61,282.29/yr. – I

\$55,089.88–\$68,636.15/yr. – II

4% Salary increases in July 2022 and 2023

Filing Deadline: January 21, 2022. The successful candidate will perform technical building inspection activities, review plans for compliance with city, state, and federal rules and regulations, perform a variety of technical duties pertaining to receiving, processing, issuing, and monitoring building and regulatory permits, and also assist in nuisance, minor code, and permit enforcement as well as inform the public on a variety of policies, procedures, and regulations.

Visit <https://www.governmentjobs.com/careers/arcataca> for application materials or contact Arcata City Manager's Office, 736 F Street, Arcata, (707) 822-5953. EOE.



MAINTENANCE WORKER – STREETS DIVISION

\$2,887 - \$3,509 per month. Plus excellent benefits.

Salary will increase by 5% in 2023 and again in 2024.

This position performs a variety of semi-skilled labor in the construction, maintenance, installation and repair of City infrastructures including City streets, traffic controls and underground utilities.

This recruitment will be used to fill current and future vacancies in the Streets Division.

Minimum qualifications include a combination of education equivalent to graduation from high school and at least 1 year of related experience.

For a full job description and to apply, please visit our website at www.ci.eureka.ca.gov. EOE

Applications will be accepted until
5 pm on Tuesday, January 25th, 2022.



NOW HIRING!

Southern Trinity Health Service is taking applications for the open positions at the

Scotia Location

Front Desk Receptionist
Medical Doctor
Medical Assistant
Dental Assistant
RN/LVN

We are seeking a self-motivated, quick learning, and career-minded individual seeking long-term employment.

Please send resume to hr@sthscclinic.org or call (707) 764-5617 ext. 211.



UTILITY SYSTEMS OPERATOR I/II – WASTEWATER COLLECTIONS AND WATER DISTRIBUTION DIVISIONS

\$2,945 - \$3,569 per month. Plus excellent benefits.

Salary will increase 5% in 2023 and again in 2024.

SIGNING BONUS

\$2,500 for hire with Grade 1 Certification

\$5,000 for hire with Grade 2 Certification

Half of the signing bonus paid upon hire and final half paid upon successful completion of probationary period.

This position performs a variety of semi-skilled labor in the construction, maintenance and repair of City infrastructures. This recruitment will be used to fill current and future vacancies in the Wastewater Collections and Water Distribution Divisions.

Desirable qualifications include a combination of education (equivalent to graduation from high school) and at least 1 year of experience related to area of assignment.

For a full job description and required qualifications, please visit our website at www.ci.eureka.ca.gov to apply. EOE

Applications will be accepted until
5 pm on Tuesday, January 25th, 2022.



Northcoast Children's Services

**Do you love being
with children?**

**Do you enjoy supporting
children learn and grow?**

**Are you looking for a
meaningful profession?**

**Do you want a job that has
evenings and weekends off?**

**Would you love to find a job
with a Hiring Incentive?**

**Northcoast Children's Services
may be what you're looking for!**

Northcoast Children's Services provides early education and family support services to children and families from pregnancy to age 5. We offer home visiting services, infant toddler and preschool centers in a variety of locations in Humboldt and Del Norte counties.

We have a variety of full and part time positions working with children and families.

We offer paid vacation, sick leave and holidays to all employees and an additional health insurance/cash benefit/dependent care option to full time employees. All employees may also obtain assistance with education and child development permits.

We are currently looking for people to join our team as housekeepers, cooks, teachers, assistant teachers, center directors and home visitors.

New Hire Incentives are currently available to both full and part time employees. Full time employees who work 30 or more hours will receive an incentive of \$750. Part time employees, who work less than 30 hours will receive a \$500 incentive. Incentives are paid after 90 days of employment.

Please visit our website or Facebook page for more information on how to join our growing team! <https://ncsheadstart.org/employment-opportunities/>



NOW HIRING!

Southern Trinity Health Service is taking applications for the open positions at the

Mad River Location

Medical Assistant

General Dentist

We are seeking a self-motivated, quick learning, and career-minded individual seeking long-term employment.

Please send resume to hr@sthscclinic.org or call (707) 764-5617 ext. 211.



Hiring?

Post your job opportunities
in the **Journal**.

442-1400 x314

northcoastjournal.com



NOW HIRING!

Southern Trinity Health Service is taking applications for the open positions at the

Weaverville Location

Front Desk Receptionist

Dental Assistant

Dental Support Manager

We are seeking a self-motivated, quick learning, and career-minded individual seeking long-term employment.

Please send resume to hr@sthscclinic.org or call (707) 764-5617 ext. 211.



Northcoast Children's Services

CENTER DIRECTORS, Arcata

Overall management of Head Start & Partnership programs. AA/BA in Child Development or related field preferred. Must meet req. for Site Supervisor permit. 3 Infant Toddler units req. F/T 40 hrs./wk. M-Fri. \$20.00-\$22.05/hr. **Open Until Filled.**

CENTER DIRECTORS, Eureka, McKinleyville

Overall management of a Head Start center base program. Must meet Teacher Level on Child Development Permit Matrix, plus 3 units in Administration (AA req. BA/BS Degree in Child Development or a related field preferred). Req. a min. of 2 yrs. exp. working w/ preschool children in a group setting. F/T 40 hrs./wk. Mon-Fri (8am-4:30pm); \$20.00-\$22.05/hr. **Open Until Filled.**

ASSOCIATE TEACHERS, Redway, Orleans

Assists teacher in the implementation & supervision of activities for preschool children. Req. a min. of 12 ECE units—including core classes—and at least 1-yr. exp. working w/ children. Redway: F/T 32 hrs./wk. Orleans: F/T 32 hrs./wk. \$17.00-\$17.85/hr. **Open Until Filled.**

TEACHERS, Eureka (Temp), Arcata

Responsible for development & implementation of classroom activities for toddler age children. Must have 12 core in ECE/CD (with 3 units in Infant/Toddler Development or Curriculum), meet Associate Teacher Level on the Child Development Permit Matrix, and have 1-yr. exp. teaching in a toddler setting. P/T positions, 28 hrs./wk. M-F \$17.50-\$19.30/hr. **Open Until Filled.**

TEAM TEACHER, Arcata

Responsible for the development & implementation of classroom activities for toddler age children. Must have 12 core in ECE/CD (with 3 units in Infant/Toddler Development or Curriculum), meet Associate Teacher level on Child Development Permit Matrix, and have 1-yr. exp. teaching in a toddler setting. F/T 37.5 hrs./wk. M-F \$17.75-\$18.64/hr. **Open Until Filled.**

Please note: Per grant requirements, All NCS staff are required to submit proof of a complete COVID -19 vaccination, except those who are granted an exemption. All staff who are eligible for an exemption must undergo weekly testing for SARS-CoV-2 infection. All staff must wear face coverings regardless of vaccination status. Please contact Administrative Services if you need information regarding vaccinations or exemptions.

Submit applications to:

Northcoast Children's Services

1266 9th Street, Arcata, CA 95521

For addtl info & application

please call 707-822-7206 or visit our website at

www.ncsheadstart.org



The Hoopa Valley Tribe is accepting applications to fill the following vacant position

LEAD SOCIAL WORKER

Hoopa Human Services, Regular, F/T, Salary: \$26.00-\$28.00/hr. DOE. To provide case management services to children and families engaged in the CWS, Tribal Court, State Court, Family Wellness Court, and ICWA systems. Case management will include determination of need for social service; service referrals; individualized treatment and specialized application of culturally appropriate Case Plans.

Minimum Qualifications: Bachelor's Degree required in Social Work, Psychology, Behavioral Science, Sociology or related field with three years' work experience preferably in case management. See job description for additional requirements. Must possess a Valid CA Driver's License and be insurable. Subject to Title 30A Employment Background Check. **DEADLINE: Open Until Filled**

FAMILY ADVOCATE I

TANF Department, Regular, F/T or P/T, Salary: \$19.00/hr. DOE. The Family Advocate I (FA I) is to provide self-sufficiency services for HVTP participants in order for them to meet the objectives of the HVTP's plan. **Minimum Qualifications:** High School Diploma (or GED equivalent); a minimum of one-year experience required; Associate's Degree in Behavioral Sciences or related field and two years of case management in Human Services is required. Additional requirements are listed in the job description. Must have a valid CA Driver's License and be insurable, must be CPR certified or be willing to obtain within 90 days. Title 30A background check required. **DEADLINE: Open Until Filled**

BUDGET OFFICER

Fire Department, Regular, F/T, Salary: \$20.32-\$26.41/hr. This position is responsible for oversight and administration of the Fire Departments annual budget, contract administration, acquisition, Accounts Payables, Accounts Receivables, data processing, and dispatching. **Minimum Qualifications:** High School Diploma (or GED equivalent); must be at least 18 years old; must have basic 32 Wildland Firefighter training or have the ability to complete the class within one (1) year of hire; proficient math, computer and communication skills required. Additional requirements listed in the job description. Must possess a Valid CA Driver's License and be insurable. Subject to Title 30A Employment Background Check. **DEADLINE: January 24, 2022**

RECEPTIONIST & STUDENT SUPPORT

Hoopa Higher Education, Regular, F/T, Salary: \$15.00-\$17.96/hr. Responsible for general clerical functions associated with the program and the HCATEP applicants, inquires and provides general information for students and the public. **Minimum Qualifications:** Must have High School Diploma (or GED equivalent); ability to greet the public with a pleasing demeanor; ability to work as a team member; must possess computer skills with knowledge and experience using MS office suites; math skills required. Additional requirements are listed in the job description. Must have a valid CA Driver's License and be insurable, must be CPR certified or be willing to obtain as a condition of employment. Subject to Title 30A background check. **DEADLINE: January 24, 2022**

THESE POSITIONS ARE CLASSIFIED SAFETY-SENSITIVE.

For job descriptions & employment applications, contact the Human Resource Department, Hoopa Valley Tribe, P.O. Box 218, Hoopa, CA 95546. Call (530) 625-9200 Ext. 23 or email l.offins@hoopainsurance.com or hr2@hoopainsurance.com. The Tribe's Alcohol & Drug Policy and TERO Ordinance Apply.



Northcoast Children's Services

ASSISTANT TEACHERS, McKinleyville, Eureka Fortuna

Assist teacher in the implementation & supervision of activities for preschool age children. Min. of 6-12 ECE units preferred, not required, & 6 months' exp. working w/ children. P/T 25 hrs./wk. M-Fri \$15.00-\$16.54/hr. **Open Until Filled.**

INTERPRETER, Eureka

Assist in interpreting in class, at parent meetings & on home visits for children & families. Bilingual Spanish required. Must have 6 months' exp. working w/ children & families. Prefer 6-12 units in Early Childhood Education. P/T 16 hrs./wk. (8:30am-12:30 M-Thursday) \$15.00/hr. **Open Until Filled.**

COOK, Blue Lake

Duties include preparing meals for preschool age children in a childcare center. Req. basic cooking skills, plus exp. in food service & volume meal preparation. Preferred candidate would have exp, training or education in nutrition, volume meal prep, menu planning, kitchen safety & sanitation & CACFP (CA Child Care Food Program) exp. P/T 28 hrs./wk. (M-Friday) \$16.04/hr. **Open Until Filled.**

HOUSEKEEPERS, Eureka McKinleyville

Perform duties required to keep site clean, sanitized & orderly. Must have exp. & knowledge of basic tools & methods utilized in custodial work & have the ability to learn & follow health & safety requirements. Eureka, P/T 16 hrs./wk. McKinleyville, P/T 9 hrs./wk. \$15.00/hr. Late afternoon/evening hours, flexible.

Open Until Filled.

Please note: Per grant requirements, All NCS staff are required to submit proof of a complete COVID -19 vaccination, except those who are granted an exemption. All staff who are eligible for an exemption must undergo weekly testing for SARS-CoV-2 infection. All staff must wear face coverings regardless of vaccination status. Please contact Administrative Services if you need information regarding vaccinations or exemptions.

Submit applications to:
Northcoast Children's Services
1266 9th Street, Arcata, CA 95521

For addtl info & application please call 707-822-7206 or visit our website at www.ncsheadstart.org



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HUMBOLDT COUNTY FARM BUREAU is seeking an Executive Director

The Humboldt County Farm Bureau is a non-profit organization seeking an energetic professional to assume leadership of the agricultural advocacy organization. This individual willing to build on the historical work of the Farm Bureau as well as expand the efforts of the organization as an advocate for

local agricultural entities. Within the Board approved policies, the Executive Director enjoys wide ranging authority to advance the Farm Bureau's interests.

In addition to the direct Farm Bureau activities, the Executive Director will provide contracted management and administrative oversight for the Redwood Region Logging Conference, a nonprofit corporation that advocates for the local timber industry.

The successful applicant will have a proven professional history of working with diverse private groups and governmental agencies in the development and management of programs and regulatory frameworks, and have extensive experience working with groups across the political spectrum.

This position is a direct hands-on opportunity for individual initiative and ingenuity in pursuit of improvements that will be felt throughout the entire community.

The proposed salary range begins at \$60,000 per year and is flexible dependent upon qualifications.

Detailed background and application information is available by request at humboldtfb@sbcglobal.net. Please put "Executive Director" in the subject line.



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The City of Eureka is seeking a highly organized and ethical individual to assume the duties of Police Property Technician for the Eureka Police Department. The principal function of an employee in this class is to provide support duties associated with the maintenance and control of police property, evidence and supplies. The work is performed under the supervision and direction of higher-level staff as assigned, but significant leeway is granted for the exercise of independent judgement and initiative. For a complete job description and to apply online, please visit our website at: www.ci.eureka.ca.gov.

**Final filing date: 5:00 pm, Thursday,
January 27th, 2022. EOE**



Bilingual CCIP Resource & Referral Specialist

Full-time, starts at \$17.59/hr
Written and verbal English/
Spanish abilities required

Child Care Coordinator

Full-time, starts at \$16.71/hr

Child Care Specialist

Full-time, starts at \$16.71/hr

Bilingual (English/Spanish) preferred for all positions. Full-time positions offer excellent benefits: paid vacation/sick leave, 14 paid holidays, 100% agency-paid health (platinum level), dental, vision, life insurance, and retirement plan. Part-time positions offer paid sick leave.

Please go to www.changingtidesfs.org for complete job descriptions and application requirements. Positions open until filled with an initial review date of 1/28/22. Submit complete application packets to Nanda Prato at Changing Tides Family Services, 2259 Myrtle Ave., Eureka, CA 95501 or via email to nprato@changingtidesfs.org.

www.changingtidesfs.org

Hablamos español

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Would you like to apply your skills in an established organization helping local children and families? Our rewarding workplace has full and part-time time openings. We offer excellent benefits for full-time positions and provide additional compensation for qualified bilingual candidates (English/Spanish).

Processing Specialist

Full or part-time,
starts at \$16.00/hr

Program Assistant

Full-time, starts at \$16.00/hr

Mental Health Support Specialist

Part-time,
starts at \$18.00/hr



The Hoopa Valley Tribe is accepting applications
to fill the following vacant position

Sergeant

Hoopa Tribal Police Department, Regular, F/T,
Salary: \$34.13/hr. Under general supervision of the Chief of Police or his authorized designee shall perform a wide variety of peace officer duties. **Minimum Qualifications:** Must have three (3) years of related experience and/or training. Must possess a valid P.O.S.T. Law Enforcement Academy or Indian Police Academy Certificate. Additional requirements are listed in the job description. Valid CA Driver's License and insurable. **DEADLINE: Open Until Filled**

Police Officer

Hoopa Tribal Police Department, Regular, F/T, Salary: \$26.91/hr. Performs a wide variety of peace officer duties. **Minimum Qualifications:** Must possess a Basic Academy Certificate from a California P.O.S.T. approved academy. Additional requirements are listed in the job description. Must have a California Driver's license and be insurable. Must successfully pass a Title 30A Employment Background and a California Police Officer Standards and Training (P.O.S.T.) background checks. **DEADLINE: Open Until Filled**

These positions are classified safety-sensitive.

For job descriptions & employment applications, contact the Human Resource Department, Hoopa Valley Tribe, P.O. Box 218, Hoopa, CA 95546. Call (530) 625-9200 Ext. 23 or email l.offins@hoopainsurance.com or hr2@hoopainsurance.com. The Tribe's Alcohol & Drug Policy and TERO Ordinance Apply.



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K'ima:w Medical Center

an entity of the Hoopa Valley Tribe, is seeking
applicants for the following positions:

STIMULANT USE PREVENTION OUTREACH COORDINATOR – FT/REGULAR (\$19.00-20.00 PER HOUR)

This is a grant-funded position. Coordinates and implements activities and action steps as listed in the goals and objectives of the Stimulant Use Prevention Grant; will help create opportunities to educate the community on stimulant use prevention and plan and implement prevention activities. Deadline to apply is January 26, 2022.

CHIEF FISCAL OFFICER – FT/REGULAR (DOE)

Provides leadership, direction, and management of the Fiscal department; key member of the executive team providing leadership and direction for the organization. Deadline to apply is February 10, 2022.

PATIENT BENEFITS COORDINATOR – FT/REGULAR (\$18.50-22.50 PER HOUR)

SOBER LIVING CASE MANAGER – FT/ REGULAR (\$20.40 PER HOUR)

DENTAL HYGIENIST – FT/REGULAR (\$39.00-43.00 DOE)

BILLING SUPERVISOR – FT/REGULAR

ACCOUNTANT – FT/REGULAR

COMMUNITY HEALTH REPRESENTATIVE – FT/REGULAR

HEALTH INFORMATION DIRECTOR – FT REGULAR

PATIENT BENEFITS CLERK – FT/ REGULAR

PHYSICIAN – FT/REGULAR

CERTIFIED MEDICAL ASSISTANT – FT/REGULAR

LAB TECHNOLOGIST – FT/REGULAR

CERTIFIED DATA ENTRY CODER TECHNICIAN – FT/REGULAR

MEDICAL DIRECTOR – FT/REGULAR

MENTAL HEALTH CLINICIAN – FT/REGULAR

CARE MANAGER (RN OR LVN) – FT/REGULAR

PATIENT ACCOUNTS CLERK I – FT/REGULAR

PHARMACY TECHNICIAN – ON-CALL

COALITION COORDINATOR – FT/REGULAR

MAT RN CARE MANAGER – FT/REGULAR

HUMAN RESOURCES DIRECTOR – FT/REGULAR

All positions above are **Open Until Filled** unless otherwise stated. For an application, job description, and additional information, contact: K'ima:w Medical Center, Human Resources, PO Box 1288, Hoopa, CA, 95546 or call **530-625-4261** or email: apply@kimaw.org for a job description and application. You can also check our website listings for details at kimaw.org. Resume and CV are not accepted without a signed application.



The Hoopa Valley Tribe is accepting applications to fill the following vacant position

PLANNING DIRECTOR

Planning Department, Regular, F/T, Salary: DOE.

This position is responsible for managing the daily functions, activities, and operations of the planning department. Performs advanced technical, professional, full performance administrative and supervisory level work in the planning department; coordinates the Tribe's current and long-range planning functions, including geographic information systems, land-use management, zoning and development review.

Minimum Qualifications: Bachelor's Degree in Planning, Public Administration, Geography, Landscape Architecture, Civil Engineering or closely related field. At least five (5) year's prior experience in Tribal Government, Municipality, or other entity. Proficient math, communication, and computer skills required. Additional requirements listed in the job description.

Must have a valid CA Driver's License and be insurable. Subject to Title 30A background check. **DEADLINE: January 31, 2022**

ELDER ADVOCATE

Hoopa Human Services, Regular, F/T, Salary: \$25.00-\$27.00/hr. To provide intervention and case management services to the abused, neglected, or dependent adults and elders engaged with Tribal Court, State Court, and Adult Protection Services. Case management will include determination of need for social services; service referrals; individualized treatment and specialized application of culturally appropriate Case Plans. **Minimum Qualifications:** Bachelor's Degree required in Social Work, Psychology, Behavioral Science, Sociology or related field with three years' work experience preferably in case management. Additional requirements listed in the job description. Must possess a Valid CA Driver's License and be insurable. Subject to Title 30A Employment Background Check.

DEADLINE: February 7, 2022

THESE POSITIONS ARE CLASSIFIED SAFETY-SENSITIVE.

For job descriptions & employment applications, contact the Human Resource Department, Hoopa Valley Tribe, P.O. Box 218, Hoopa, CA 95546. Call (530) 625-9200 Ext. 23 or email l.offins@hoopainsurance.com or hr2@hoopainsurance.com. The Tribe's Alcohol & Drug Policy and TERO Ordinance Apply.

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WILLOW CREEK – HOME ON ACREAGE - \$1,295,000

Beautiful riverfront estate on over 4 acres just minutes from Willow Creek! Property boasts a 3/3 3,650 sq. ft. main residence, large in ground pool complete with outdoor kitchen and pool house featuring a full bathroom and kitchenette area, separate barn with a 1/1 apartment above and so much more!



SALMON CREEK – HOME ON ACREAGE - \$390,000

±35 Acres in the Salmon Creek area with a very nice cabin, new 1,600 sq. ft. outbuilding, 2 ponds, additional water storage, flats, and fiberglass greenhouse!



WILLOW CREEK – LAND/PROPERTY – \$347,000

±177 Acre homestead, mountain recreation, or timberland property adjacent to Forest Service lands. Hardwood & fir forests, exceptional views to the south & west, several flats for development, w/ county road access and just 6 miles from downtown Willow Creek.



BRIDGEVILLE – CULTIVATION PROPERTY - \$650,000

MOTIVATED SELLER! ±40 Acre turn-key farm with county and state cannabis permits in hand for 6,750 sq. ft. permitted farm is as turn key as they come. Property features year round access, two houses, water storage, solar system, and so much more!



HYAMPOM – CULTIVATION OPPORTUNITY – \$2,500,000

± 326 Acre cannabis farm w/ interim County & provisional State permits for 69,560 sq. ft. of OD & 3,800 sq. ft. of nursery space! Boasting craftsman like construction, multiple buildings totaling 7,140 sq. ft. w/ a kitchen, living quarters, processing area, & ample storage spaces. Plentiful water w/ 3 separate wells. Elevation appx 3,000 ft.

BRIDGEVILLE – CULTIVATION – \$315,000

Cheapest permitted farm on the market! ±40 Acres w/ STAMPED County & State permits for 9,948 sq. ft. of O.D. space utilizing light deprivation and 1,400 sq. ft. of full sun outdoor cultivation space. Parcel features developed greenhouse sites, well, and views.



CUTTEN – LAND/PROPERTY – \$429,000

±9.25 Acres in Cutten/Ridgewood area! Subdivision potential or build your dream home! Property features both open, flat meadow ground and Redwood forest with second growth timber. Roads throughout and partially developed building site. Utilities to street.



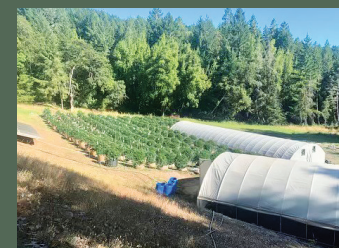
WESTHAVEN – LAND/PROPERTY - \$345,000

Rare, undeveloped Westhaven gem! Offering ±2.5 flat, parklike acres just minutes from Trinidad and Moonstone beach. Parcel has been perced in two locations, features well water and has power lines to the edge of the property.



BLOCKSBURG – CULTIVATION PROPERTY - \$1,490,000

±160 Acres with STAMPED County and provisional State permits for 30,300 sq. ft. of outdoor, 9,320 sq. ft. of mixed light, and 1,920 sq. ft. of nursery canopy space! This turn-key farm is complete with tons of water storage including tanks, bladders, and a 400,000 gallon pond, solar & generator power, 4 greenhouses, and much more!



2104 OLD ARCATA ROAD, BAYSIDE – \$600,000

Private ±1.8 acres in Jacoby Creek School district! Main house is 4/1 w/ large windows, hardwood floors, and upgraded kitchen appliances. An adorable 1/1 airbnb unit is in the southeast corner of the yard, and a secondary tiny home is on the northern boarder of the property.



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REDWOOD COAST **Energy**Authority



Community **RE**port

RePowering Humboldt with Renewable Energy - 2021-22 Annual Report

RCEA's Redwood Coast Airport Microgrid now supplies energy to our local grid. We expect it to be fully operational in March. Watch for our Grand Opening celebration in April.

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Board of Directors

City of Arcata	Sarah Schaefer
City of Blue Lake	Chris Curran
City of Eureka	Scott Bauer
City of Ferndale	Stephen Avis <i>(Vice Chair)</i>
City of Fortuna	Mike Losey
City of Rio Dell	Frank Wilson
City of Trinidad	Dave Grover
County of Humboldt	Mike Wilson
Humboldt Bay Municipal Water District	Sheri Woo <i>(Board Chair)</i>



The Redwood Coast Energy Authority (RCEA) is a local government joint powers agency that was founded in 2003 whose members include the County of Humboldt; the Cities of Arcata, Blue Lake, Eureka, Ferndale, Fortuna, Rio Dell, and Trinidad; and the Humboldt Bay Municipal Water District.

RCEA is governed by a **Board of Directors** made up of elected officials appointed by the governing bodies of our member agencies. We wish to extend our **gratitude** to both our current and past Board members, as well as to the **Community Advisory Committee** members who advise them, for the time and energy they put into making RCEA as resilient and strong as it is.


RCEA's Board and CAC meetings are open to the public and community members are encouraged to attend and participate. Communities in RCEA's service area — not private shareholders — control their own energy choices. Meeting notices and agenda packets are available through the RCEA website, www.RedwoodEnergy.org.

“Thank you Humboldt residents for supporting your Community Choice Energy program, which allows us to build renewable energy projects that slow climate change. Energy systems are complex and technical, and together we've learned how to impact and even disrupt the old ways of thinking. RePower to the People!”

Sheri Woo

RCEA 2021 Board Chair, Humboldt Bay Municipal Water District

The purpose of the Redwood Coast Energy Authority is to develop and implement sustainable energy initiatives that reduce energy demand, increase energy efficiency, and advance the use of clean, efficient and renewable resources available in the region.



REDWOOD COAST
EnergyAuthority

Community Advisory Committee

City of Arcata	Norman Bell
City of Blue Lake	Kit Mann
City of Eureka	Catherine Gurin
City of Ferndale	Dennis Leonardi <i>(Vice Chair)</i>
City of Fortuna	Elizabeth Burks
City of Rio Dell	Roger Hess
City of Trinidad	Richard Johnson
Humboldt Bay Municipal Water District	Ethan Lawton
County 1	Luna Latimer
2	Christopher Honar
3	<i>(Vacancy)</i>
At Large 1	Jerome Qiriazzi <i>(Carman)</i>
2	Colin Fiske
3	Larry Goldberg <i>(Chair)</i>
4	Pam Halstead

RCEA's Board of Directors established a Community Advisory Committee (CAC) to support RCEA public engagement efforts and to provide decision-making support to the RCEA Board.

The CAC can have up to 15 members. Eleven are nominated by RCEA Board members and four are selected through an open application process. All members are confirmed by the full RCEA Board. CAC members serve two-year terms and all members live in Humboldt County.

“I'm proud of the work the Community Advisory Committee accomplished in the past year. We represent the citizen's voice of Humboldt in energy policy with RCEA.”

Larry Goldberg

Chair of the Community Advisory Committee





A Message from the Executive Director



The ongoing pandemic made 2021 another roller coaster year, but that didn't stop RCEA and our community partners from making significant strides toward building a sustainable energy future for Humboldt County.

Completing the Redwood Coast Airport Microgrid construction was a major milestone for our community, California and the whole clean energy industry. This cutting-edge project will provide robust, renewable energy resilience and enhanced emergency response capabilities for the County airport and the U.S. Coast Guard Air Station and will be replicated across California. The Japanese government and utility industry even sent representatives to learn how to reproduce our innovation in their energy-resilience efforts.

Our Customer Energy Solutions offerings are expanding decarbonization support for building electrification, electric vehicles, energy storage, energy efficiency and solar energy. Our new Community Grid Program will help customers install renewable backup power at their home or business and provide an incentive to be part of a "virtual power plant" to improve the power grid's reliability and cost-effectiveness. Our public agency and critical community facility partners can continue to count on our support to deploy renewable energy resilience and efficiency systems.

Here's what's coming up in 2022:

- Sandrini Solar Project construction begins. RCEA is procuring 100 MW of this project's output, enough renewable electricity to power over 46,000 homes.
- The federal lease auction for offshore wind development areas off the Humboldt coast is expected this fall. Offshore wind planning work will ramp up after the auction.
- Stay tuned for updates on numerous solar energy and battery storage projects.

We offer our sincere thanks to all our customers and organizational partners – we couldn't do this work without your ongoing support and commitment to our community's renewable and resilient energy future."

Matthew Marshall

RCEA Executive Director

REsources for Your Home or Business

RCEA's Customer Energy Solutions help our customers switch from fossil fuels to clean energy with financial resources, technical support and education.

REducing Greenhouse Gas Emissions

RCEA offers a big bang for your energy buck when it comes to reducing GHGs. Our electricity customers will be powered by 100% renewable energy by 2030. Their energy dollars are invested right back into Humboldt County through building electrification and vehicle fuel switching programs.

REsponding to Community Needs

RCEA engages with you, our customers, to set priorities and develop programs that are valuable to you. You've told us we need affordable, clean, non-fossil fuel backup power for prolonged power shutoffs and we hear you. **RCEA is committed to building a greater level of energy resilience for Humboldt County.**



We first started using RE in

REpower Humboldt

in 2013 when RCEA and partner jurisdictions created a comprehensive energy plan for our region. We updated this bold strategic plan with help from the community in 2019.

REenvisioning

REnewable energy!

Regional Planning and Coordination



Aker Offshore Wind’s conceptual illustration of what offshore wind support infrastructure could look like on the Samoa Peninsula in Humboldt Bay Harbor.

“ Coordinating the long-term management of our energy resources is what drove local leaders to form the Redwood Coast Energy Authority in the first place. Nineteen years later the drivers behind RCEA’s goals are the same, albeit intensified as climate change worsens, but the methods are ever evolving. In 2022 we are moving closer to bigger projects that require bigger collaboration: new local generation projects must satisfy diverse community values; associated ancillaries will require growth in new directions; and the unpredictable will test our resolve to work together. I’m confident that our increasingly discerning community is up for these challenges. Onward!”

Lori Biondini

Director of Business Planning and Finance

Equity, Racial Justice & Diversity

RCEA recognizes that access to energy, energy efficiency, freedom from pollution and a place in the renewable energy transition intimately affect economic and personal health outcomes. RCEA strives to more equitably serve everyone in Humboldt County, and to that end, RCEA adopted a Racial Justice Plan and is actively committed to the following:

Diversity & Inclusion

Seek ways to ensure diversity and inclusion in hiring and promotion, observing the legal limitations on such practices set by state and national statutes.

Local Native Nations

Increase engagement with local Native nations and work directly with them on a long-term plan for meaningful collaboration.

Jobs

Add equity and inclusion activities to new job descriptions, future revisions of existing job descriptions, and staff work plans.

Programs & Projects

Explicitly address inclusion in selection, design, and implementation of RCEA’s programs and projects, and in our public outreach and education materials to ensure that communities and organizations of Indigenous, Black, Latinx, Asian, and other people of color are optimally served.

GOALS for Regional Planning and Coordination

- Achieve net-zero greenhouse gas emissions county-wide by 2030.
- By 2030 Humboldt County will be energy-secure and can affordably meet its local energy needs, including during emergencies and disruptions, with local renewable resources.
- Make clean energy efforts a cornerstone of our local economy using strategies that include innovation, research and development, local energy-related business development, and establishing Humboldt Bay as the primary West Coast hub for the offshore wind energy industry.



COREHub

Redwood Region Climate & Community Resilience (CORE) Hub

RCEA participated in the creation of the CORE Hub this year, a community organization focused on helping solve the climate emergency. The founding members of the CORE Hub include representatives from the Schatz Energy Research Center; the Blue Lake Rancheria, a sovereign Tribal Nation; the Humboldt Area and Wild Rivers Community Foundation; and RCEA, along with local and state leaders.

The vision of CORE is that the Redwood Region will become the first proven carbon-sequestering rural area in the U.S. by 2030.

The COREHub wants to work with our community to build energy resiliency, find innovative solutions that provide the greatest benefits to those who live here, and make sure our voices are heard when energy-related conversations need to be had. CORE Hub hopes to do this through community engagement, by prioritizing equity, and while providing technical assistance.

Climate Action Plan

Since 2018, RCEA has provided technical and project management support to the County and the seven cities to develop the Humboldt Regional Climate Action Plan (CAP).

The Humboldt Regional Climate Action Plan Environmental Review Draft will soon be released for public review and comment. The CAP is the culmination of a multi-jurisdictional effort led by the County of Humboldt in collaboration with all incorporated cities including Arcata, Blue Lake, Eureka, Ferndale, Fortuna, Rio Dell, and Trinidad.

While subject to change during the public review process, the draft CAP is designed to be implemented between 2022 and 2030 to reduce county-wide greenhouse gas (GHG) emissions to 40% below 1990 levels by 2030 and make progress toward the State's goal of zero net emissions by 2045. Key measures in the CAP that achieve the most local GHG emissions reductions by the year 2030 include replacing gas vehicles with electric vehicles, and replacing gas and propane residential and commercial heating systems with electric systems.

RCEA has launched the 2020 GHG inventory process which will be key to tracking progress toward the CAP's 2030 target.

The Schatz Energy Research Center

HSU's Schatz Energy Research Center is internationally recognized for its innovation and expertise in renewable energy research and development. They have played a critical role in the creation of our Redwood Coast Airport Microgrid, and are leading an offshore wind research program for the North Coast. Thank you for bringing Humboldt County to the cutting edge of clean energy solutions.

Community Choice Energy



“It’s an exciting time to be working in the energy field and to be operating RCEA’s Community Choice Energy Program. This spring RCEA will celebrate its fifth anniversary as Humboldt County’s default electric provider, **serving over 93% of our community’s electricity users**. We were one of the earlier CCE programs to launch in the state, and the first one serving a rural population. This came with many challenges and a steep learning curve for our team, but I’m glad to say this model for electricity service, in which our public agency procures the power and our partner PG&E delivers it, works well for Humboldt.

The community choice energy model has enjoyed amazing growth in California in recent years, with **23 programs now serving over 11 million customers in more than 200 communities**. With this growth comes new responsibility. The California Public Utilities Commission (CPUC) is now looking to community choice energy program operators like RCEA to help ensure electric reliability as the state makes its needed transition to renewable energy and retires its old fossil fuel and nuclear plants. In coordination with the CPUC and our sister community choice programs, RCEA is contracting with energy project developers locally and across the state to strategically deploy **the right types and sizes of clean energy plants in the right locations** to make sure the lights stay on for all power users, and at affordable prices.

This new regional role for RCEA has not made us lose sight of our local goals. We are continuing to build a portfolio of **local clean energy resources**, with the **solar-powered microgrid at our county airport** coming online in December as our most recent and exciting milestone. We continue to solicit and contract for new projects that will advance RCEA toward its Board-adopted goals of **100% clean and renewable power by 2025, and all of it sourced locally by 2030**.

The next major chapter in our local energy development story will be **offshore wind**. The Humboldt coast has emerged as one of the most promising areas on the West Coast for floating wind platforms, and RCEA is in the final stages of building a **public-private partnership** to ensure local projects **maximize community control and benefits**. Humboldt’s offshore wind potential is much greater than our local electricity appetite, but we are planning for a portion of the resource to make up a sizable slice of the energy portfolio that will serve our local customers.

Thank you Humboldt County for putting your faith in RCEA and community choice energy as the way forward to clean, reliable, and affordable electricity for all of us.”

Richard Engel

Director of Power Resources

GOALS for Community Choice Energy

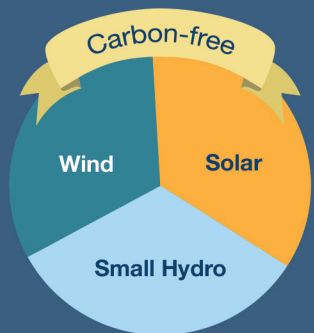
- **By 2025** 100% of RCEA’s power mix will be from solar, wind, biomass, small hydroelectric, geothermal, and existing large hydroelectric.
- **By 2030** Humboldt County will be a net exporter of renewable electricity and RCEA’s power mix will consist of 100% local, net zero carbon emission renewable sources.
- Ensure our customers receive high-quality service related to enrollment, rates, billing, and customer programs.

Over
62,000
customers
served

Over **93%**
of Humboldt County homes
and businesses receive
electricity from RCEA

REpower
RCEA’s default
electricity service
is at least
38%
renewable

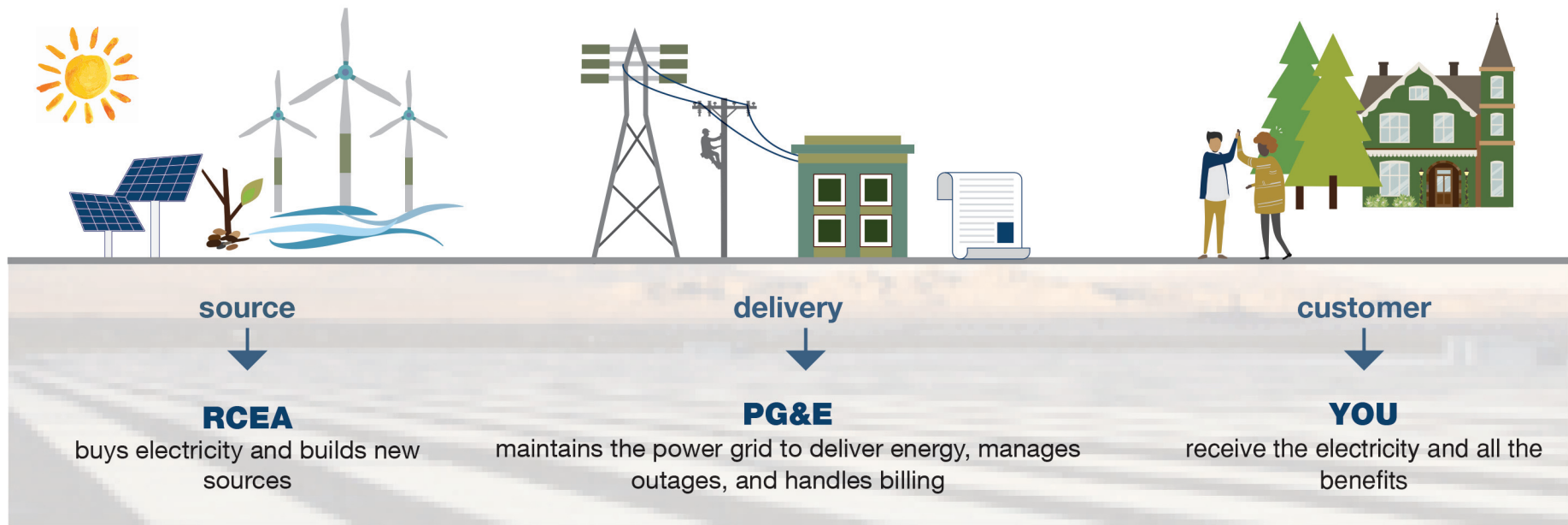
REpower+
is RCEA’s
100%
renewable + carbon-free
electricity option



How Does it Work?

RCEA administers Humboldt County's Community Choice Energy program. The program is designed by your city councils and county supervisors to offer you lower rates on electricity, and to keep the benefits and control right here in the County.

Simply put, we're buying greener, more locally-produced electricity and feeding it into the grid. And we're working in partnership with PG&E, who continues to deliver electricity and maintain the lines as they always have. Community Choice Energy, sometimes known as Community Choice Aggregation, is a great way to bring needed economic development to Humboldt County, while actually costing you less.

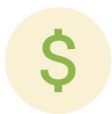


Is RCEA an Extra Charge on Your Bill?

NO. RCEA's **generation** charges replace PG&E's **generation** charges on your monthly bill. PG&E itemizes how much they *would have* charged you for generation if you were still with them, and then credits that amount back to you on page 3. The credit is more than what RCEA is charging you, so you actually save a bit of money.

	<small>sample charges</small>
• Current PG&E Electric Delivery Charges	➔ \$14.00 - DELIVERY of electricity, not generation
• Redwood Coast Energy Authority Electric Generation Charges	➔ \$7.00 - ELECTRICITY ONLY - not a duplicate charge
• Current Gas Charges	➔ \$22.00 - RCEA is not involved with gas

What Are the Benefits?



Economics

RCEA's community choice program costs a little less than you would be paying to PG&E, and all of PG&E's rate discount options remain in place for income-qualifying households. If you're a solar customer, we buy back your excess energy at a better rate.



Choice

RCEA is accountable to our community and our customers. Whether it's the type of energy we are buying, the cost to the customer, energy options offered, program development, and everything in between, our community is helping make those choices.



Environment

Community Choice Energy programs are having a big impact on reducing greenhouse gas emissions throughout the state. California is taking bold steps toward addressing climate change, and community choice is one of Humboldt County's most powerful tools in that effort.



Community

Revenues from community choice programs are reinvested into their communities rather than going to utility company shareholders. That means local jobs, local projects and programs, building local solar arrays, and keeping energy dollars local.

RCEA's Renewable Energy Resources

Our goal is to continue to utilize the energy expertise that exists on the North Coast to develop sustainable, renewable, local energy sources and jobs. Power procured by RCEA through short- and long-term contracts is resold to Humboldt County ratepayers, and the revenues fuel community-driven energy choices.



Redwood Coast Airport Microgrid

In December 2021 the Redwood Coast Airport Microgrid reached a major milestone and officially began supplying power to the electric grid. The team is now making minor adjustments and expect the microgrid to be fully operational by March 2022. Congratulations to all that made this possible, including our Community Choice Energy customers!



Offshore Wind

Plans to bring offshore wind energy to Humboldt County have picked up speed in recent months after years of local discussions. The State of California and the Biden Administration announced that it will focus on what would be the first U.S. commercial-scale wind projects off the Pacific Coast, including in the waters off Humboldt County. The Bureau of Ocean Energy Management is expected to hold a lease auction in late summer 2022. This is a 100-150 MW floating offshore wind project that would be located approximately 25 miles from Eureka.



Cove Hydroelectric

RCEA has a 15-year contract with Snow Mountain Hydro for its Cove Hydropower Project, an existing, seasonal, run-of-the-river project in Shasta County. Small, low-impact hydro projects like Cove don't impound the creek with a dam like large-scale hydropower projects do.



Sandrini Solar Project

RCEA completed a 15-year power purchase agreement with EDP Renewables North America for the 100 MW Sandrini Sol 1 Solar Park in Kern County, CA. The project is expected to be operational in 2023 with construction anticipated to start in February 2022.



Tierra Buena Battery Energy Storage Project

RCEA signed an agreement with Ormat Technologies for 2.5 MW of resource adequacy (purchase of energy resources to ensure enough electricity to serve demand). This project is being constructed in Sutter County, CA, and is on track to be commercially operable in April 2022.



Feed-In Tariff

RCEA is fostering local renewable energy projects through our Feed-In Tariff, or "FIT" program. New renewable energy projects in Humboldt that are under 1 MW in size can apply to sell their output to RCEA through a 20-year fixed-price contract. So far, six FIT contracts have been signed, each for a 1 MW solar array. The Hatchery Road Solar Project in Blue Lake is anticipated to be commercially-operable in April 2023 and the North Coast Highway Solar Project is anticipated to be commercially-operable in October 2022.



Biomass

Local biomass power makes up approximately one-fourth of Redwood Coast Energy Authority's current electricity portfolio. We have a contract with Humboldt Sawmill Company in Scotia, which uses waste material from local sawmills to power their plant. We have an extended power purchase agreement with HSC through 2031.

For complete details visit [RedwoodEnergy.org/power-procurement](https://www.redwoodenergy.org/power-procurement).



The Redwood Coast Airport Microgrid

The phrase “Behind the Redwood Curtain” is a clue that business in Humboldt brings special challenges, and building a solar and battery storage system is no exception. Our Executive Director Matthew Marshall says that while we avoided the major blunder highlighted in the movie “The Princess Bride,” (never get involved in a land war in Asia), “But second only to that is building the first ever DC coupled, front-of-the-meter, multi-customer microgrid, in collaboration with a CCA and an investor owned utility, and then use USDA financing for the first CCA project as well as the first microgrid that they’ve ever financed, and they’re doing that at an airport in the middle of a global pandemic.”

The Redwood Coast Airport Microgrid project navigated these perils and started commercial operation in December 2021. During normal operation, the battery system is used to store solar power and then sell it into the wholesale market when it is most valuable. During outages and emergencies, the microgrid provides onsite electricity to sustain air transport activities and support regional emergency response.

Research and development projects are inherently risky, and this project had its share of adventures. I’m proud that the Redwood Coast Airport Microgrid not only made it to the finish line but starts a path for other projects. North Coast U.S. Rep. Jared Huffman stated, “We’ve got extreme heat, wind-driven wildfires, water shortages and increasingly we’re concerned about the condition of our roads, bridges and airports... This ingenious system will provide a blueprint for other microgrids around the state and around the country which is going to make it easier for other communities to do the same thing we’re doing here in Humboldt County.”

The microgrid also demonstrates the complementary nature of renewable energy and resilience for community planning. “This type of project will hopefully be a catalyst for the transition to clean energy and a more resilient and more robust energy system in the future,” says Matthew Marshall. “There doesn’t need to be a choice between reliability and decarbonization and renewables. We don’t need to compromise resilience. We can actually enhance resilience by transitioning off of fossil fuels to renewables.”

This project is possible because our Community Choice Energy customers support RCEA’s mission to invest our energy dollars locally rather than exporting them to distant shareholders. As each passing season demonstrates what we can expect from climate change, Humboldt shows how to be part of the solution and grow stronger in the process.

Dana Boudreau

RCEA Director of Infrastructure Planning and Operations



The microgrid includes roughly:

- seven acres of solar panels
- battery energy storage
- control systems

The battery system stores and releases electricity.

Control system manages routine and emergency operating modes.

Solar panels convert sunlight into electricity.



Customer Energy Solutions



“ RCEA’s Customer Energy Solutions is a devoted team of **local energy professionals** dedicated to providing Humboldt County customers the best service possible. We will work with you to help identify solutions that best fit your needs and goals, whether it is bill savings, greater resilience, equipment upgrades, decarbonization...or all of the above.

We are constantly working to find **innovative** ways to increase our offerings, emphasizing all sectors and customer types. We are especially excited to highlight some of our work with local **public agencies**. By helping your local school, city office, fire station, or tribal office reduce their energy costs, become more resilient, and move toward greener energy, **we are helping them serve you better.**

This year we are offering more **direct-to-customer equipment rebates** to help you save money and make more efficient choices when you upgrade. We have a multitude of offerings for business customers to **help your bottom line**, including **no-cost consultations** to help create a roadmap toward a more efficient energy future.

Our goal is to **provide the best solution** to the customer, whether that ends up being one of our own programs or rebates, or connecting you with incentives offered by other providers.

Most recently we launched a **Contractor and Vendor Network** to connect customers with local contractors who are familiar with our incentives and can help you complete your project. Visit our webpage to see our current offerings, or better yet, complete our simple **Customer Interest Form** and connect with a trusted Energy Advisor. They are ready to help you choose what works best for you. We look forward to working with you to build a greener, more resilient energy future for Humboldt County.”

Stephen Kallmann

Director, Customer Energy Solutions

Southern Humboldt Unified School District is one of the many public agencies RCEA’s Public Agency Solar Program serves, helping them secure a California Energy Commission loan for South Fork High’s solar array project.

- \$1,049,000 loan
- 273 kW (DC) solar installation
- Estimated annual savings = \$89,000
- 100% of site electricity use offset
- 84% of overall site energy use offset



“ RCEA and Project Manager Mike Avcollie guided and communicated with us through our entire solar project. He gathered all the data and information needed to apply for a Prop 39 California Energy Commission loan, which convinced our school district to proceed with the project. He worked through all the red tape and kept things moving along. It was a rewarding process and I learned a lot.”

Karl Terrell

Retired M.O.T. Director and current Project Manager
Southern Humboldt Unified School District

GOALS for Customer Energy Solutions

- Make energy efficiency and conservation services available to every household and business in the county by 2030.
- Expand existing energy efficiency, conservation and electrification programs to achieve a 20% reduction in greenhouse gas emissions from use of fossil fuels in buildings by 2030, and reduce emissions from natural gas by 90% by 2050.

Public Agency Projects

RCEA helps Humboldt County's energy dollars go further by making our local public agencies more efficient and resilient.

City of Arcata
Arcata Elementary School District
Pacific Union School District
Redwood Preparatory Charter School
Coastal Grove Charter School
Laurel Tree Charter School
Six Rivers Charter School
Redwood Coast Montessori

No. Humboldt Union High School District

City of Eureka
Eureka City Schools
Humboldt Transit Authority
Humboldt Bay Harbor District
Pacific View Charter School
County of Humboldt
USPS

Wiyot Tribe
Loleta Union Elementary School District

City of Ferndale

Mattole Unified School District

Yurok Tribe

Orleans Fire Dept.

City of Trinidad

Westhaven Community Service District

Arcata/Eureka Airport

Fieldbrook Elementary School

Freshwater School

Cutten Elementary School District

Bear River Band of the Rohnerville Rancheria

Fortuna Union High School District

City of Rio Dell

Scotia Community Services District

South Fork High So. Humboldt Unified School District

Services for our local agencies include:

- Lighting and equipment upgrades
- Energy assessments and reports
- Assistance securing low-cost loans and grants
- Renewable energy projects
- On-site energy storage and resiliency
- Electric vehicle charging infrastructure
- HVAC and refrigeration upgrades
- Building professional training and capacity building
- ...and more



REDWOOD COAST
Energy Authority

Solar Net Energy Metering

Generate your own electricity



\$341,870 2021 - \$182,653
Total paid out to 2020 - \$103,902
NEM customers 2019 - \$44,733
 2018 - \$10,582

RCEA is dedicated to supporting customers who want to generate their own renewable energy. RCEA's solar Net Energy Metering (NEM) customers sell energy to the grid at higher rates, buy energy at lower rates, and may earn credits or cash at the end of the year.

There has been a lot of discussion on NEM changes proposed by the California Public Utilities Commission. Learn more and follow updates on their website:

https://apps.cpuc.ca.gov/apex/f?p=401:56:0::NO:RP,57,RIR:P5_PROCEEDING_SELECT:R2008020

Energy Storage Incentives

and the

Community Grid Program

RCEA partnered with **Swell Energy** to offer solar + battery customers extra savings by connecting to a "virtual power plant." Earn a \$1000 gift card just for signing up.

Learn more about how you can build your own resilience.

swellenergy.com/rcea

Contractor & Vendor Network

RCEA is developing a resource for our customers to find approved contractors and vendors that can **help you with your energy projects.** **CONTRACTORS** - you can apply to join the network through a simple application on our website.

RedwoodEnergy.org/contracting

Equipment Rebates

For residential high-efficiency **heat pump water heaters** and **space heating** systems

Bonus incentives for smart controls and electric **service panel** upgrades

Contact us to learn about additional equipment rebates.

No-Cost Residential Energy Efficiency Services

- Energy Advisor consultations
- Energy Assessments over the phone
- Reports with custom recommendations for your home
- Energy Efficiency Kits

Efficiency Kits valued up to \$75, customized for your home



Thank you!

to nearly 1000 RCEA residential customers who took advantage of our energy services in 2021.

You received a home energy consultation, bought an electric car and received our EV rebate, took advantage of our charging equipment rebate and are topping up your EV at home, joined RCEA in generating your own electricity or are connecting your battery to our virtual power plant with Swell Energy. And thank you to all the contractors and vendors who joined RCEA's network.

Get Help with Your Energy Bills

Take advantage of options to reduce your energy consumption, lower your costs, and get help paying your energy bills. Visit our website for details.



Drive an Electric Vehicle and Charge at Home

Take advantage of RCEA EV REBATES

Apply for RCEA's **EV Rebate** and the California Clean Vehicle Rebate Project (CVRP) rebate. RCEA customers are eligible for a rebate totaling 50% of whatever incentive amount they received from the CVRP.

The **charging equipment rebate** is for up to \$500 per residential customer for charging stations listed on our Approved Products List, not to exceed 50% of the total charging station hardware costs.

Details can be found at

Redwoodenergy.org/rcea-rebates



Coming Soon RCEA Commercial and Residential Rebate Catalogs

Watch our website for details

Residential Services

Cathy Chandler-Klein, Michelle Weston, Wesley Caddell, and Caroline Isaacs are a few of RCEA's customers who are working towards making their homes more energy efficient by participating in RCEA's **Customer Energy Solutions** programs. By switching to cleaner fuel sources like electricity, and utilizing the RCEA services featured on the left, customers like them can help reduce greenhouse gas emissions and save on energy costs.

“ We are lucky to have agencies like RCEA help people understand how to make the changes necessary for us all to live in a more just and sustainable world. As a customer and member of your community, I am grateful for your support and that you help others navigate the best ways to make positive changes. Having a report like this really helps me make the necessary improvements. Thank you for all your work that you do!”

Wesley Caddell

For any of RCEA's services,
start by filling out a simple
CUSTOMER INTEREST FORM
www.RedwoodEnergy.org
or call us at (707) 269-1700.



Commercial and Non-Residential Services

RCEA has launched a variety of new energy efficiency and electrification programs to provide customized solutions for **local businesses**.

Whether RCEA has served your business in the past or we're meeting for the first time, our Energy Advisors will work with you to find projects that fit your needs and budget for exterior and interior lighting, refrigeration and HVAC, equipment upgrades and more. Contact us before you get started on projects so we can find rebates to reduce your costs.

No-Cost Consultations

Make a plan with professional advisors to help decide what services are best for your business.

Installation Services

Our services focus on saving energy and lowering bills.

Equipment Upgrades

“ Saving money is an important part of management decisions but the environmental and ecological desire from Indian people is to preserve the earth and maintain balance of the earth. There's a real cultural affinity towards the kind of contemporary technology we are using to cut energy costs, a match between the moral values of traditional Indian culture and what we're able to do with this rebate program.

RCEA had a great team. They did the install themselves. Derek organized a crew and they worked with each individual retailer to find the times that they could come in, working around the retailer's schedule. They were very respectful working around the merchandise and fixtures. There were no issues or breakage—it was very clean, efficient and very professional. That made a big difference having an install done that way.”

Greg Gehr

Northern California Indian Development Council
Director and Carson Block Manager

- Entire Carson Block Building in Old Town Eureka
- About 70% of the total project expense was funded through RCEA
- Payback = less than 2 years
- Total of 382 lamps installed

For a limited time, RCEA will donate \$100 to Food for People on behalf of RCEA customers with a business account that sign up for an energy consultation.



Advanced Fuels and Transportation



“

In 2021 electric vehicles encountered major supply chain issues, a hot used car market, and high gas prices, but 2022 is shaping up to be a banner year for EVs. Auto makers still struggle with material shortages and shipping delays, and with limited new car inventory and uncertainties of the pandemic, used vehicles become a natural choice for many drivers. We saw used EV inventory drop and prices rise, so expect to pay a premium in early 2022 until supply catches up with demand. Persistent high gas prices also create strong demand for EVs and their low operating costs, giving EV drivers another reason to be thankful when they drive by gas stations. We're still waiting to see what federal spending looks like in 2022, but the Build Back Better plan looks promising for EV incentives and infrastructure.

In 2022 we'll see more EV body styles enter the market. Pickup trucks are a best-selling US vehicle, and in 2021 Ford announced their electric truck contender, the F-150 Lightning. With more than 200,000 reservations this could be the vehicle that brings EVs to mainstream America. Electric cross-overs and SUV options are also expanding, filling in the top four preferred vehicle types in the US and giving car shoppers plenty of electrified options.

As said by Chris Harto, Senior Policy Analyst at Consumer Reports, "There's all of this pent-up demand from consumers for EVs at a reasonable price, at a reasonable range, in segments they want, and they haven't had that option, up until really this year." There's a good chance 2022 will be the year that EVs really take off."

Dana Boudreau

Director of Infrastructure Planning and Operations

GOALS for Advanced Transportation

- Accelerate the adoption of electric vehicles, with a target of over 6,000 EVs in Humboldt County by 2025 and 22,000 by 2030. Develop public, workplace, and residential EV charging infrastructure necessary to support these targets.
- Work with other local public entities to reduce vehicle miles traveled in Humboldt County by at least 25% by 2030.
- By 2030 reduce greenhouse gas emissions from transportation by over 65% and eliminate the use of fossil fuels by 2050.



The RCEA EV Charging Network welcomes the Arcata Community Center as our latest site with eight ports. The site serves community events, downtown access, and nearby apartment dwellers who are unable to install their own chargers. We'll open four more charging ports at the regional airport during spring 2022, with a few more sites later this year.

“

A bumper car incident forced me out of my last petrol beast into a new plug-in hybrid electric vehicle. I'm still using petrol, but to the tune of 500 miles

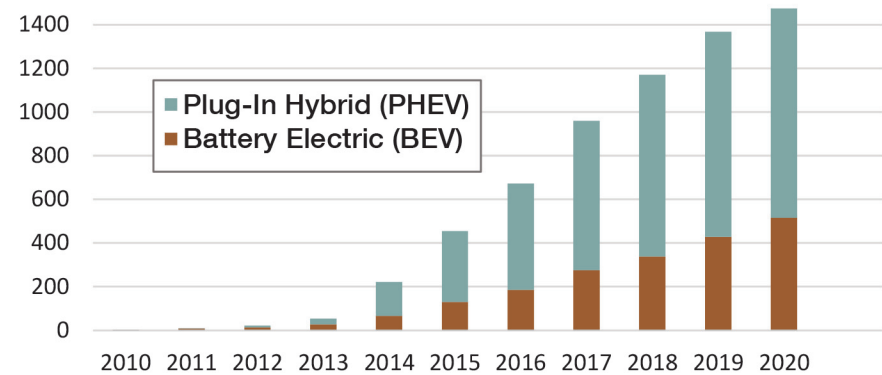
per tank. This electric fuel option has showed me that I CAN actually achieve that kind of mileage with the current resources at hand. What sweetened the deal, besides a number of rebates, was the assistance provided by RCEA. They not only provided one of those rebates, but the hope for a better future with the programs and education they provide on how this fossil fuel-driven American society can transition to more sustainable systems. Thank you, RCEA!"



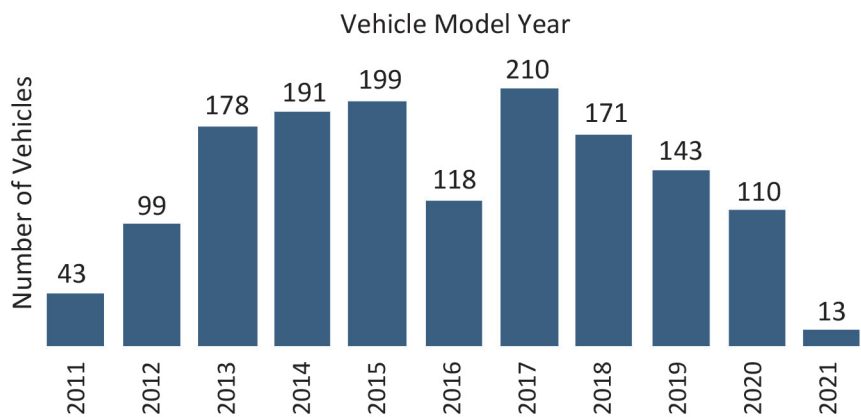
Stacy Becker

RCEA EV Rebate Recipient

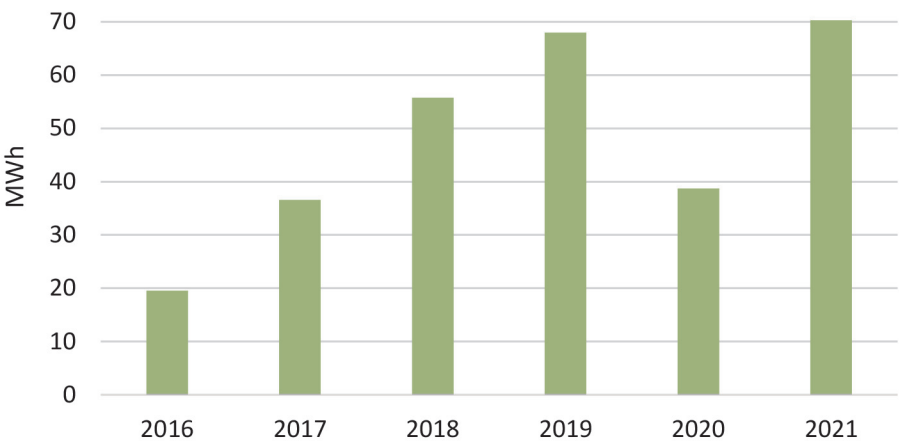
Electric Vehicle Totals in Humboldt County



Electric Vehicle Model Years in Humboldt County



RCEA Charging Network Energy Usage



Data is from the California Energy Commission. Please visit their website for more information:
<https://www.energy.ca.gov/data-reports/energy-insights/zero-emissions-vehicle-and-charger-statistics>

RCEA Charging Network

RCEA is proud to operate many of the LEVEL 2 charging stations in Humboldt County. All 14 locations (52 ports on 27 stations) are part of the ChargePoint network and can also be found on the PlugShare app.

Fast Charging Stations

The State of California is investing heavily in the expansion of fast-charge infrastructure for electric vehicles. If you own an EV with a range of 150 miles or more, you can now complete trips from Humboldt County to Sacramento, the Bay Area, and beyond.

“If you want to go far, go together.”



Capt. Mark Hiigel (US Coast Guard, Humboldt Bay Sector Commander) speaking at the Redwood Coast Airport Microgrid’s “Take Off” event in July about how critical it is to have energy resilience when it comes to search and rescue missions and emergency services on the North Coast.



While representatives from Principle Power, Ocean Winds and Aker look on, Jeff Hunerlach from Operating Engineers Local 3 and State Building and Construction Trades Council of CA President Robbie Hunter assemble a floating wind turbine model.

Constructing new energy projects to provide power and jobs for Humboldt County requires innovation, new partnership models, and interagency

COLLABORATION

We will continue to partner with local community stakeholders and customers to design and build customized energy resilience solutions for Humboldt County.



Interior Secretary Deb Haaland met with local leaders in August to discuss a range of issues, including the need to build out a clean energy economy and create jobs by spurring offshore wind development. *Photo courtesy of the North Coast Journal.*



Humboldt County Aviation Director Cody Roggatz, Schatz Energy Research Center Founding Director Peter Lehman, RCEA Executive Director Matthew Marshall, and RCEA Infrastructure Planning & Operations Director Dana Boudreau.



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